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THE MAGAZINE OF WESTERN L

Sunset

Inside the Western Hom

A Special Section P. 95

Quick and Cool Minestrone P. 74

Seattle: America's Favorite City?

Family Room With Folk Art

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Central West Edition

Sunset
THE PACIFIC MONTHLY*

The Magazine of Western Living* September 1991

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INSIDE SUNSET

Our secret weapons in Seattle

We have to say we're pleased to see Seattle finally getting its share of national attention. Of all the fairly recent articles, perhaps *The Atlantic* said it best in its July issue: "By plan and by chance, Seattle is both urban and livable and very agreeable for visitors."

Of course, *Sunset* covers Seattle in every issue, especially in our Northwest edition. One advantage we have is our own Seattle-based staff, who know and love the city.

In putting together the 12-page report that begins on page 52, Northwest Editor Steve Lorton called on all 13 people who work in our Seattle office. Thank them for the personal insights. How else would we know to ask Cookie Cohen to show us geoducks at Pike Place Market? Or that PacificFirst Centre has a museum-quality glass display?

For a different perspective on downtown, Lorton recruited his 10-year-old son, John, and some friends. Their favorite attractions? They nominate the ferry ride to Winslow, the underground tunnels, and the Kingdome. Sorry, boys, your favorite places to eat didn't make our list of restaurants.

GLENN CHRISTIANSEN

Ten-year-olds give highest rating to the ferry ride from downtown Seattle to Winslow

P.S. In this space, we've tried to keep you informed of *Sunset's* continuing evolution and improvements. No changes to report this month. But do keep an eye out for our October issue. We're hard at work on it right now, doing all we can to make the magazine even easier to read and more useful to you. We think you'll be pleased with the changes.

Bill Marken Editor

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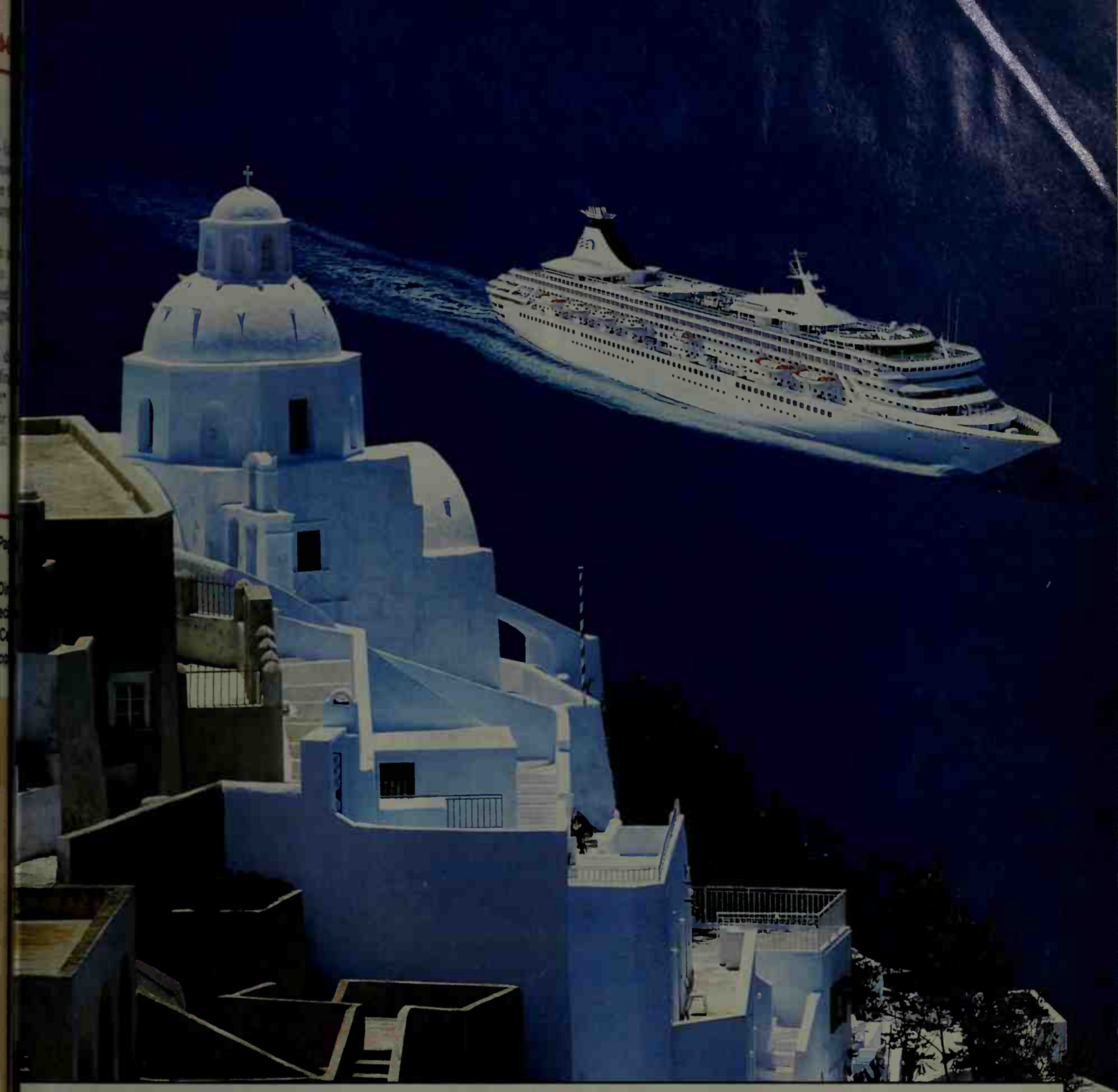

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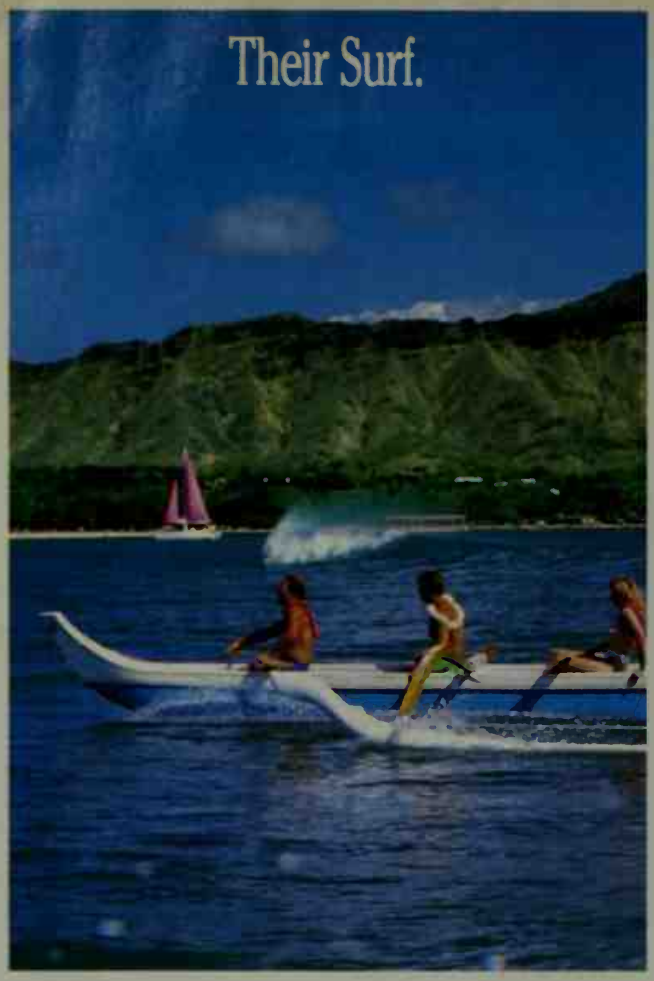

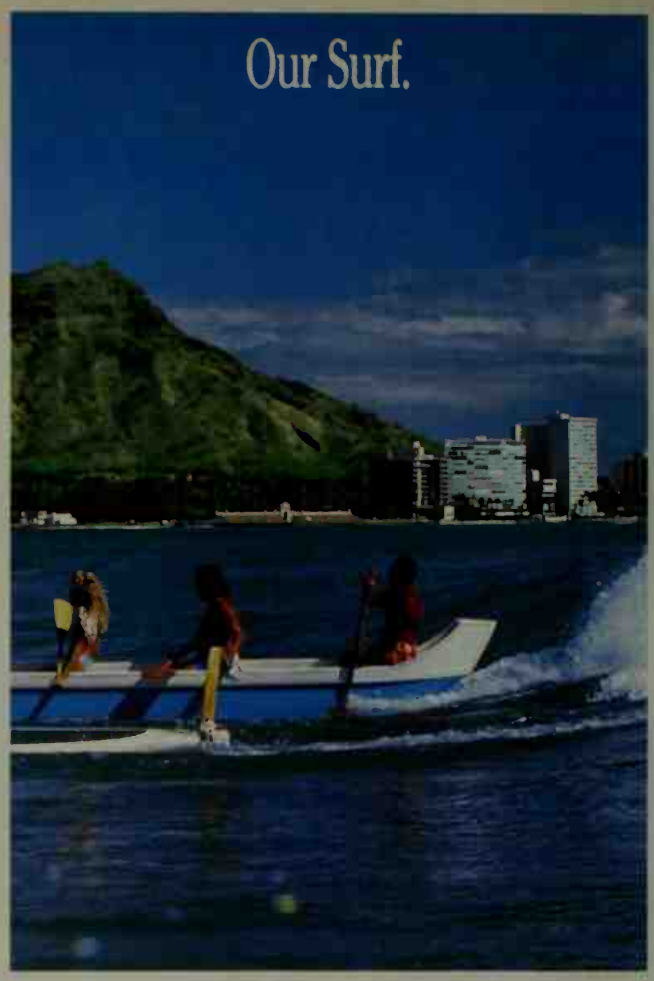

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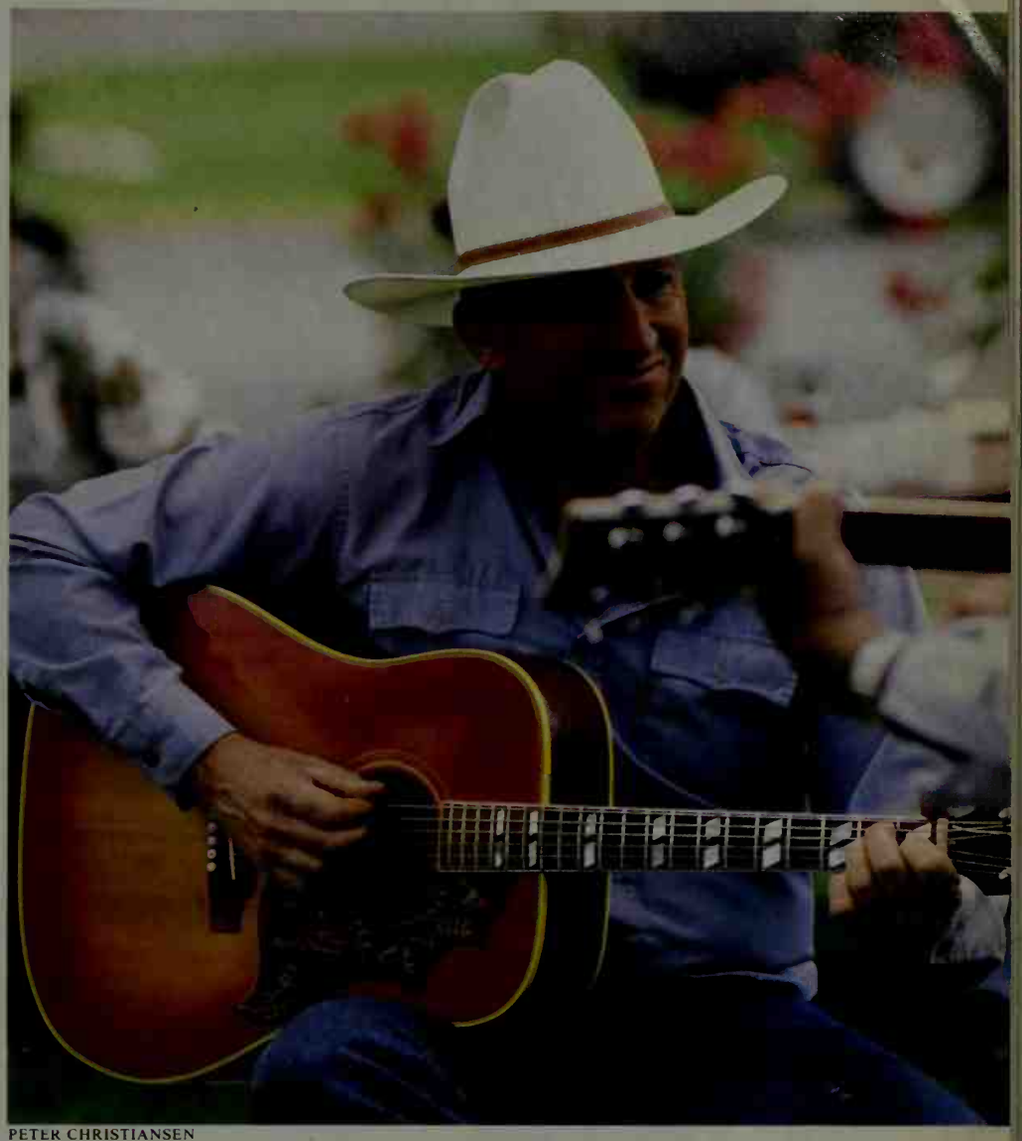
Central West Travel Guide for September

***Country strains** pour forth from guitar of stage driver John Jenkel at lunch break on picturesque trip deep into rural Sonoma's Black Bart country*



PETER CHRISTIANSEN

New stagecoach tour of Black Bart's rural hangouts

Rolling into the wooded ravines of western Sonoma County, the stage feels high and creaky but rides easily on its all-leather suspension. The driver lifts his whip very slightly, and the horses' muscular brown backs flow forward in front of you, like a dark river channeled by the long leather lines. Laughter lifts from the passenger compartment.

But the old Concord coach is entering country haunted by an elusive outlaw, a former Wells Fargo employee who calls himself Black Bart. Though he makes travelers tremble, Bart has an oddly courtly way about him. Materializing on foot by the side of a stage road, a flour sack over his head, he demands only that the driver "throw down the box"; he will never accept a lady's purse. And once his robbery is accomplished, he offers something in return: a scrap of poetry composed for the occasion.

Wells Fargo may have been relieved long ago of its 19th-century highwayman nemesis, but a 19th-century stagecoach again travels his favorite Sonoma route—with a barbecue lunch, wine tasting, and country-western concert to fortify passengers against the apparition's possible return.

The day outing is a new offering from Wine Country Express, which already runs winery-by-stagecoach tours in the region. John Jenkel (a Stanford engineer and the trip's horse handler) and Ray Roe (a country singer and man of many trades) have developed this experience around a fascination with the career of northern California's most legendary outlaw. The enthusiasm is contagious, and historians say the research is accurate.

At 10 A.M., you meet at Duncans Mills. You're taken by van to Black Mountain. From there, you ride the stagecoach 14 miles on Meyers Grade (overlooking a deep, redwood-crowded gorge and passing the fateful pepper tree that marks Black Bart Turn)—and rumble back into Duncans Mills in time for a "dust-cutting libation" at the Black Bart Tavern. Cost is $98 per person. Trips are offered September 1 and 7, and by arrangement other days; call (707) 887-7589.

A month of solo performance on three San Francisco stages

September 4 through October 13, San Francisco highlights a form of theater distinctly at home in this individualistic town. Solo Mio, a festival of solo performance, brings together an attention-worthy lineup of writer-performers. San Francisco has long been hospitable to a kind of stylized autobiographical monologue that might have gone unnoticed by audiences that require more glitzy "production values." Fans here are willing to respond to the authority of the first-person voice, in a setting expressed by a few symbolic gestures and filled in with the imagination.

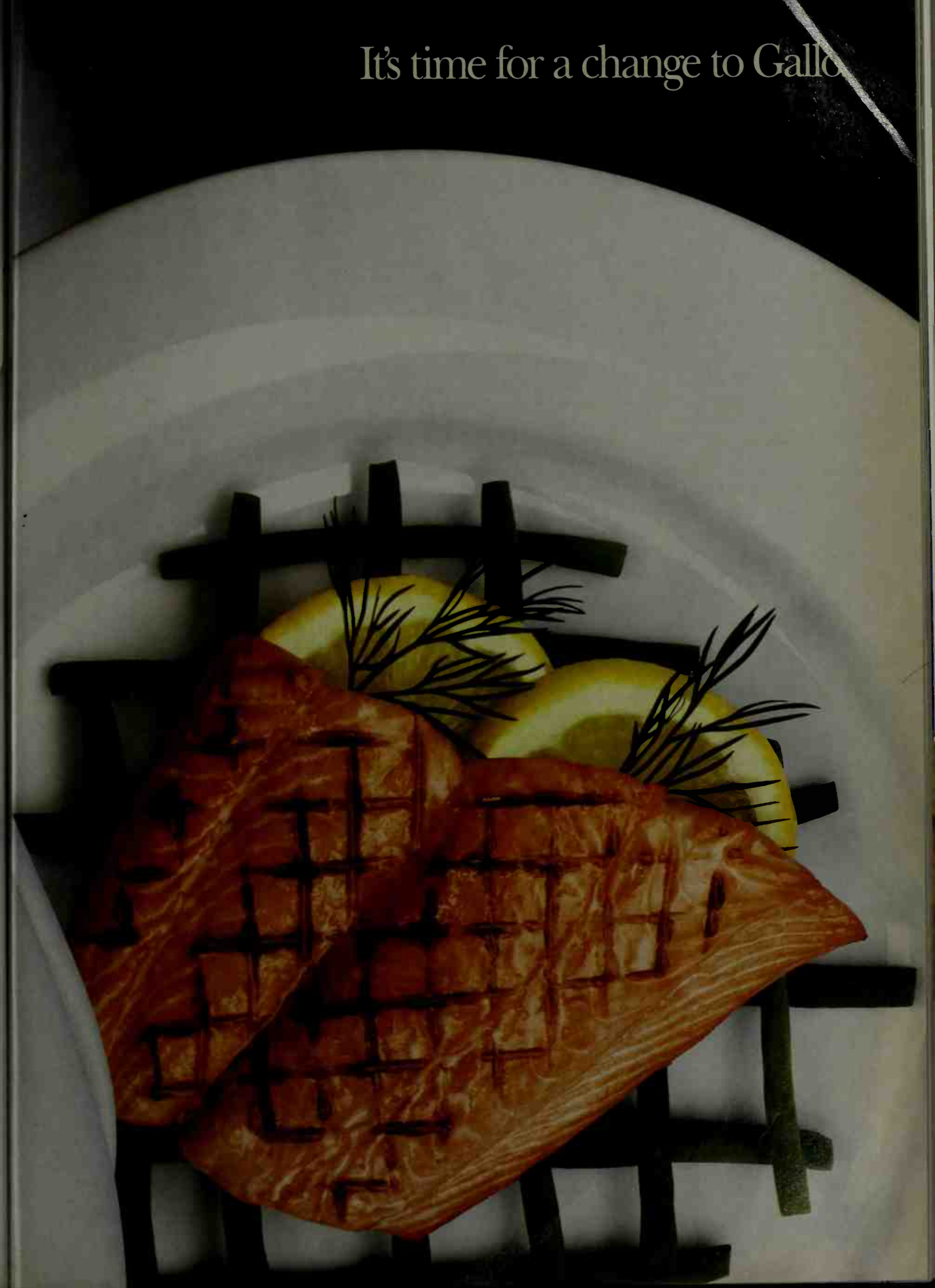
The better-known soloists will perform in Fort Mason at the Cowell Theater and at Life on the Water, a theatrical workshop formed as an expressive vehicle for artist-producers like Bill Talen, Solo Mio's organizer. Other artists will appear on the smaller stage of Joegh Bullock's Climate Theater, south of Market at 252 Ninth Street. The performers all share commitment to the intensity of personal narrative. "I believe in personal confession," Talen says. "It's an antidote to the media saturation of our society."

Spalding Gray, the festival headliner, performs *Monster in a Box* (a three-month hit in New York) September 12 through 15 and 19 through 22. Monologuist Bob Ernst, an original Blake Street Hawkeye (with Whoopi Goldberg), is at Climate

(Continued on page 8)

Grilled Norwegian salmon on a lattice of green beans.

©E. & J. Gallo Winery, Modesto, CA.


It's time for a change to Gallo

September 4 through 8. Josh Kornbluth, whom Talen describes as a comic introvert "in the Woody Allen worried tradition," appears at Life on the Water September 11, 13, 14, and 15. Marga Gomez, a wildly comic Latina with a feisty sense of sexual politics, stages *Memory Tricks* there September 18, 20, 21, and 22.

Also at Life on the Water, Reno, a comedienne with a kinetic performance style, appears September 27, 28, and 29; look for folksinger-storyteller Rosalie Sorrels October 2 through 6. Britisher David Cale presents his much-lauded *Inside a Dream of You* October 9 through 12.

At Climate October 9 through 13, Dennis Dun, an Asian American character actor, does a piece based on his experience in the cast of *The Last Emperor.*

For a full schedule and ticket information, call (415) 776-8999.

The front lines in Sausalito: shipbuilding effort in WW II

A new permanent exhibit, Marinship 1942–1945, is on view at the San Francisco Bay Model. It documents the wartime conversion of 210 acres of quiet tideland in northern Sausalito into an instant shipyard where, in three years, 93 vessels—15 Liberty ships, 16 Navy oilers, and 62 tankers—were hastened into existence as part of the post–Pearl Harbor war effort.

When the government asked W.A. Bechtel Company to create this amazing maritime assembly line, most skilled laborers were already in service elsewhere. There was no choice but to enlist greenhorns. Of the 75,000 men and women who worked at Marinship, 90 percent were completely inexperienced. "This exhibit is about people moving to a place they'd never seen, doing a job they never imagined," says Bay Model manager Daphne Derven.

The training program was massive, and the recruits learned quickly. Three months after ground breaking, the keel for the first Liberty ship was laid. Production rose to a peak average of one ship every 13 days. And during the war, not one structural problem was ever discovered on any Marinship vessel.

The adversity-inspired construction school became an opportunity for women and racial minorities, who received equal pay for equal work. (As might be expected, the tone of the instant assimilation sometimes wavered: the shipyard published advice to female welders on how to tie a head scarf so as to protect "the crowning point of a woman's allure" against the hazards of flying sparks.)

Videotaped reminiscences by former workers convey a vivid sense of what the wartime experience was like. In addition, a 16-minute film, made during the yard's operation, illustrates the collective effort necessary to fabricate a tanker; viewers will feel a thrill as torches cut the cables to free the finished ship from its slide and let it "come to life" in the water.

The Bay Model, at 2100 Bridgeway, is open, free, 9 to 4 Tuesdays through Saturdays; call (415) 332-3870.

Bow art expressed Marinship's patriotism. Each shipfront got its individual scene—overpainted before vessel entered action

PETER CHRISTIANSEN

Anglers gather at Tahoe to trade insider information

Practitioners of the quiet art of fly-fishing have an unusual opportunity to hone their skills and learn from the often-taciturn masters of their craft September 13, 14, and 15 at Kings Beach, on Lake Tahoe. Whether you're an inexperienced neophyte or a wily fly-caster, you're welcome to A Festival of Fly-fishing, offered on a "once every few years" basis by the Northern California Council of the Federation of Fly-fishers—a sporting organization that has done much, with its emphasis on catch-and-release fishing, to preserve the fishery as a resource.

Conservationist Bud Lilly, an acknowledged guru of fly-fishermen, will be the keynote speaker at a dinner Saturday night. Author Rick Hafele will present an entomological perspective, creating a "living stream"; setting up an aquarium situation, he collects aquatic insects and helps fly-tiers and fishermen study the creatures and their movement patterns so as to mimic them more effectively.

Commercial suppliers will provide rod that participants can test in a castin pond (but bring your own equipment fo actual fishing); more than 20 specialize demonstrations and clinics will take plac over the three-day period. You might ju acquire that flick of the forearm tha looks like pure instinct but results fro much learning.

Register at the festival site, the Nort Tahoe Community Center, at 8318 Nort Lake Boulevard in Kings Beach; admi sion is $20 for individuals, $30 for fam lies. To preregister or obtain more detail call (916) 583-4186.

Several guides will offer short fishin trips by arrangement at the gatherin fees for trips are not included in the ad mission price.

Hotel rooms are relatively easy to con by this time of year; call (800) 824-634 for suggestions on lodging in the Nort Tahoe area. Or camp at a streamside c lakefront site where you can try puttin into practice what you've gleaned fro the workshops. For information on firs come Forest Service campgrounds (thre are along the Truckee River), call (80 823-2267. State campgrounds accept re ervations; call Mistix at (800) 444-727

Three Bay Area swim-walks

Some outdoor exertion can feel good on hot day; plunging afterward into fres cold water can feel even better. We' collected three good walks—in Marin, th East Bay, and the Peninsula—that r ward late-summer hikers with a swin ming-hole splashdown. Both Tilden ar Memorial parks have changing rooms.

In Point Reyes National Seashore. Cool, spring-fed Bass Lake is the destination here, a shivery silver splashdown—possibly from a rope swing that appears and disappears at a lakefront tree. Start at the Palomarin Trailhead: driving northbound c State 1, take Olema-Bolinas Road (the firs left after Audubon Canyon Ranch) west t Mesa Road and follow it to its end. Walk north along a coastal route that can feel breezy by the ocean but much warmer jus inland, where rock walls radiate the heat.

You reach the lake in less than 3 miles; don't be deceived by several small ponds you pass first. An almost-concealed path leads left from the trail through low willo to a convenient swimming access. Or take more obvious route toward the firs along the southwest shore; from it, several spurs branch off to feasible launching areas, and one to a descent consisting of a series of retaining walls.

In Tilden Regional Park, Berkeley. Here,

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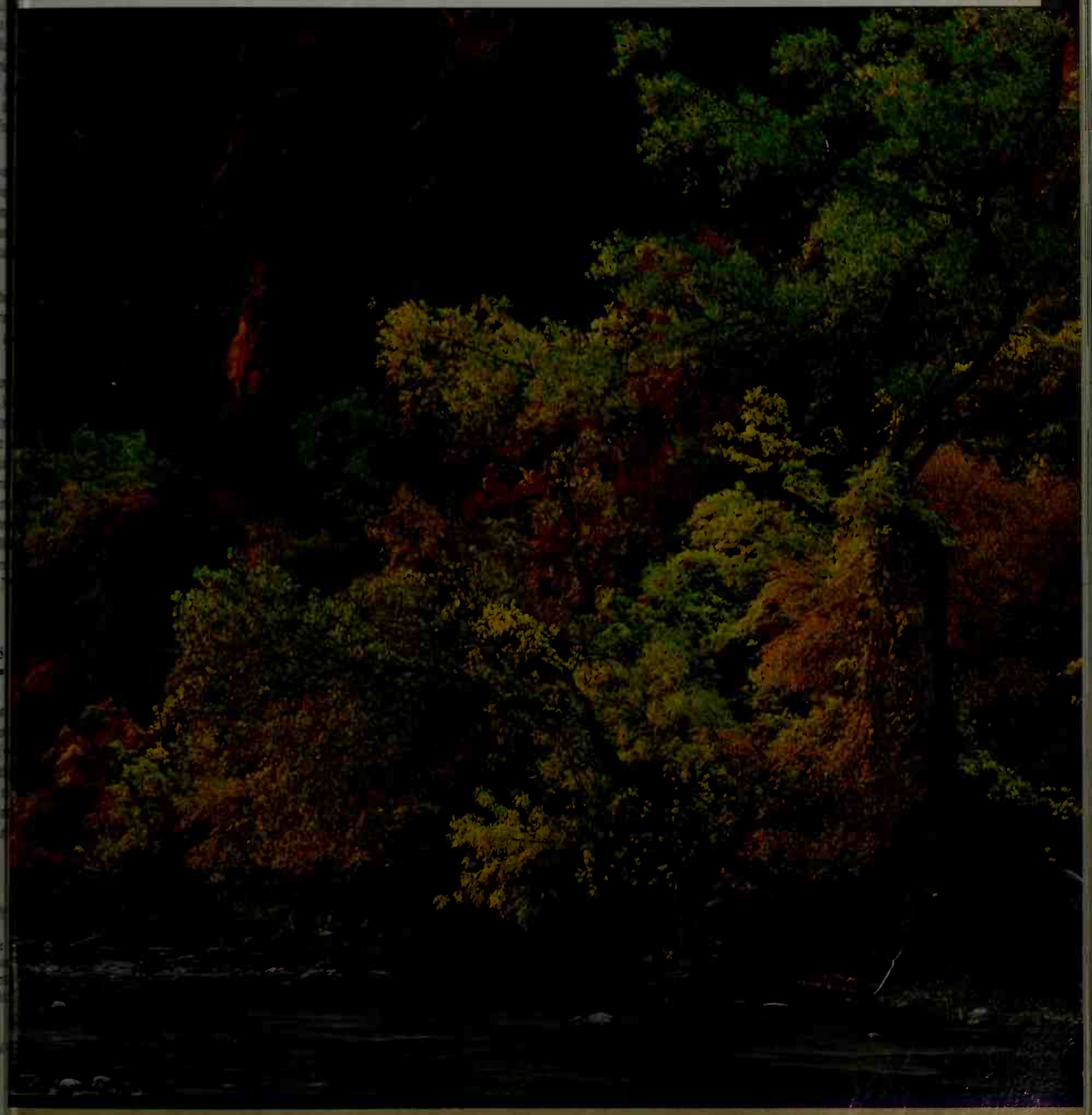

thout that ugly card you get a much better picture of what Utah in the Fall is about. Our full color Utah Travel Guide has a lot more pictures in it, to reveal rest of our story. Now, put yourself in the middle of this photo. That's more it. *(If the ugly card is already gone, just call 1-800-Utah-Fun Dept. HL-126).*

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Travel Guide

the swimming area is formally developed, but the trade-off for Bass Lake's rusticity i a comfortable sandy beach. From Wildcat Canyon Road south of Lake Anza, take Central Park Drive north, then follow Lake Anza Road to lakeside parking. Walk across the spillway and head north about a mile on Wildcat Gorge Trail, along a bay-shaded canyon with steep, cave-riddled cliffs; go east and then south about 1½ miles, mostly through chaparral, on Canyo Trail (with a detour to Inspiration Point, if you choose); then return west to the lake o Curran Trail. Total walk is about 3 miles.

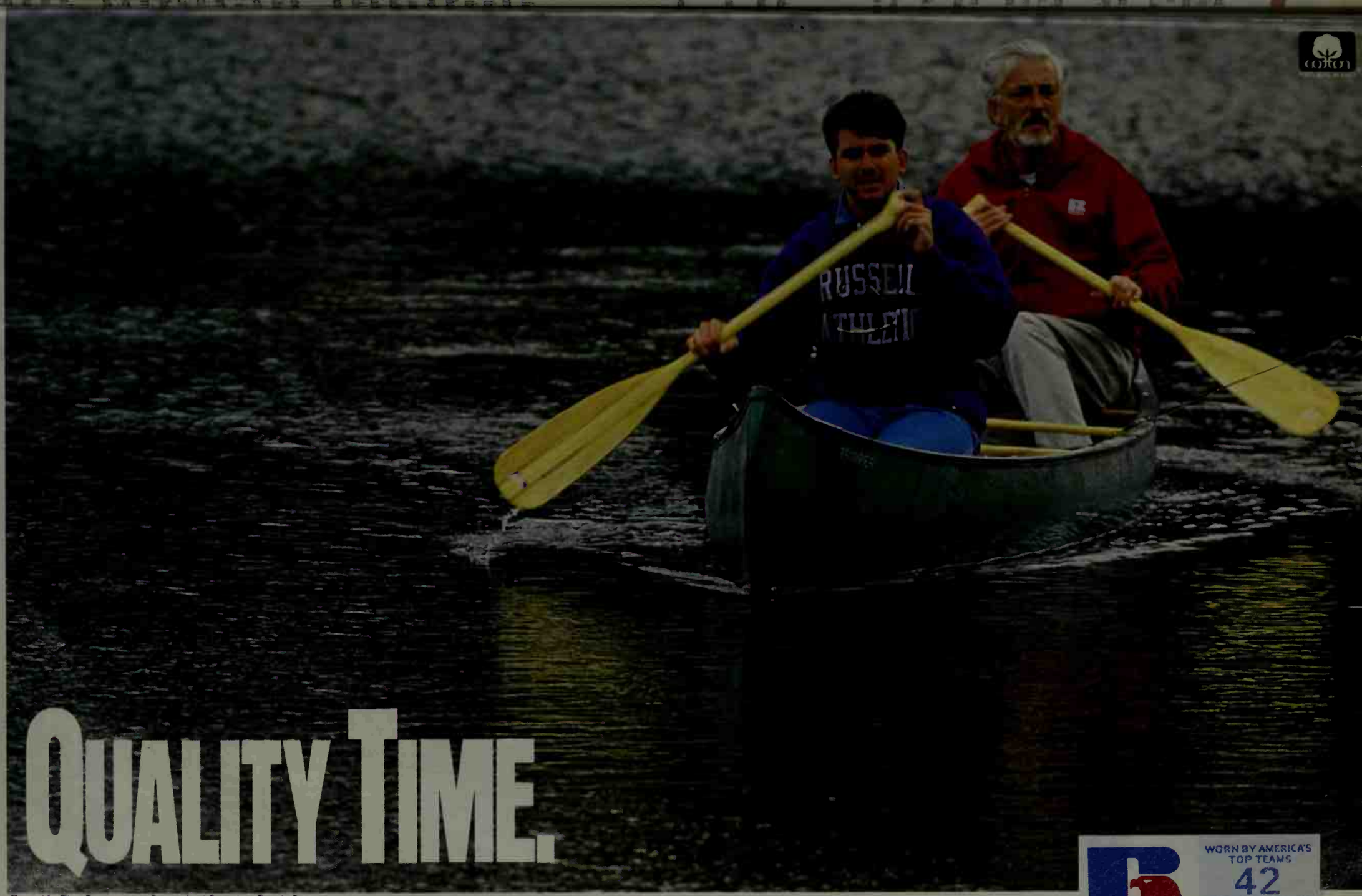
In Memorial County Park, San Mateo County. From State 84 (from the eastern Peninsula) or State 1 (from the coast), tak Pescadero Road to the visitor center parking area. At the entrance kiosk, pick u a map and a copy of the *Mount Ellen Nature Trail Guide.* The recently improvec trail starts just across the road and leads u through rich, cool redwood and mixed evergreen forest to the Mount Ellen Summit (where but in artichoke country could you find a redwood-covered summit?), from which you look south to firs and meadows, north to more redwoods. This walk totals about 2 miles; you can ad a loop northwest on Pomponio Trail (3½ miles more) for fine views of the coast and of the county's remarkably wild interior. Post-hike splashdown is at a tree-lined swimming hole where the creek is dammec just south of the visitor center.

The Big Time is coming to Indian Grinding Rock

September 28 and 29 are special dates f Native Americans in the northern Sier Nevada. It's the weekend known as tl Big Time, a traditional celebration of tl early-autumn acorn harvest, in wh amounts to a kind of extended Miw Thanksgiving. Indian families fro northern California and western Nevac gather at Indian Grinding Rock Sta Historic Park, in the mellow heart of tl gold country, to renew ties to their ance tors and to one another.

The singing, dancing, and playing of ha and field games that go on throughout t weekend are spiritual activities, not ente tainment for tourists; the Big Time sponsored (with the state parks depa ment) by the Amador Tribal Counc Respectful visitors are welcome to wat and even, when invited, to join in. T schedule is determined by how the spi moves, not how the clock ticks. Activiti continue from about midmorning Sat day until midafternoon Sunday.

If you don't know this park, you could choose a more appropriate time for introduction. Its impressive Chaw'se M seum is devoted to the history and cultu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Travel Guide

of native people of the area, and its gently undulating, oak-studded grassland contains a village with bark houses, acorn granaries, and a ceremonial round house (traditional dancing takes place here)—all dominated by a huge bedrock mortar riddled with 1,185 grinding cups, graphic evidence of a communal economy.

Besides dancing and singing, Indian participants share displays of arts and crafts some of which are for sale. Traditional foods are also offered. For a nominal sum a deep-pit venison and beef barbecue is served with fry bread and acorn soup.

Since the Big Time is an authentic cultural experience and not a performance, it is not explicitly interpreted (any more than a European church service would be while in progress). Photography is not permitted in the round house; ask permission before taking pictures elsewhere.

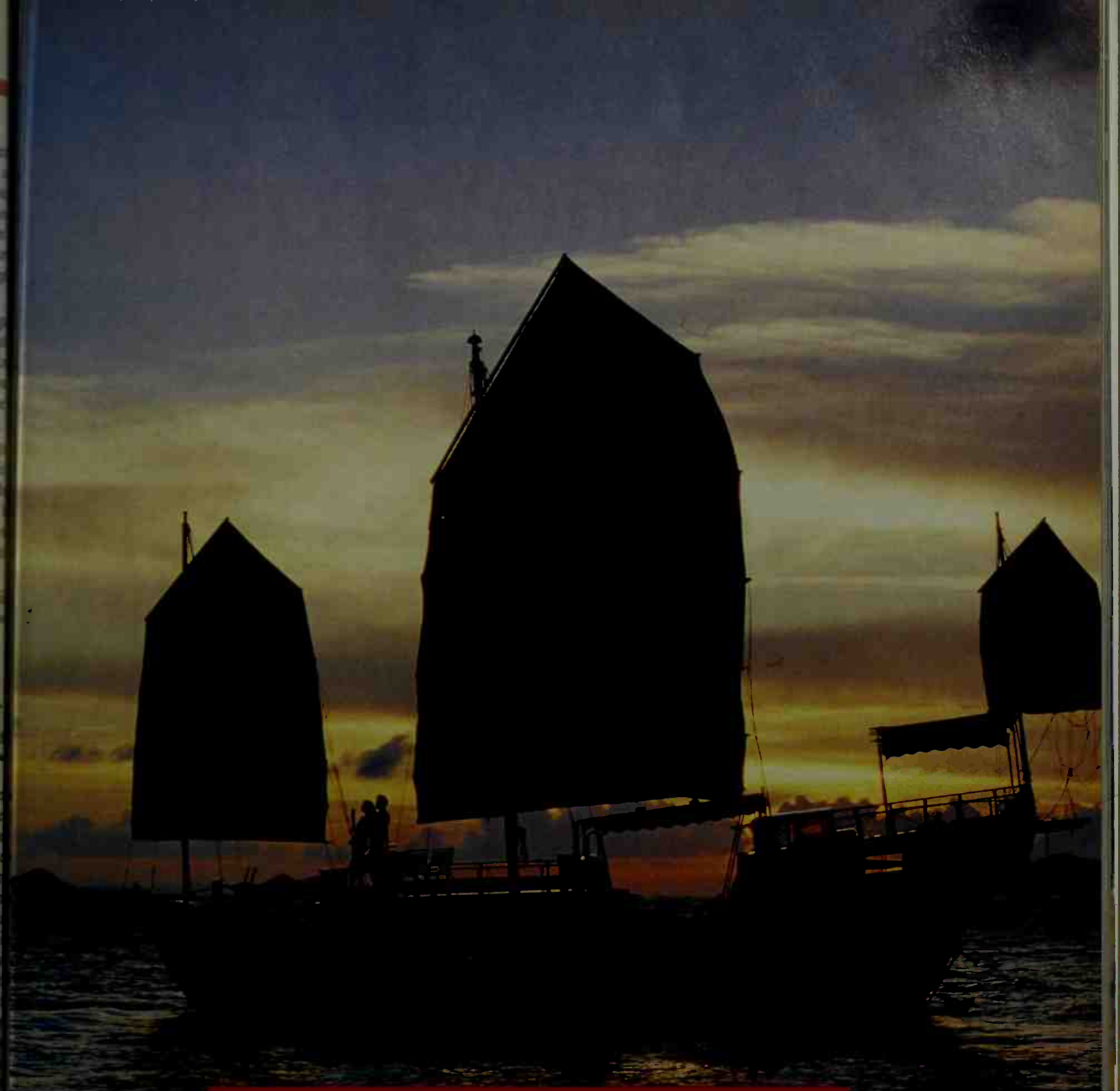
From Jackson, take State 88 east 9 miles to Pine Grove, then follow Pine Grove/Volcano Road to the park.

First-rate new playing space for Salt Lake's TheatreWorks

When Westminster College alum Berenice Jewett Bradshaw bestowed a new $2.5-million performing arts center on her alma mater last spring, she also presented a struggling local theater company, TheatreWorks West, with both a godsend and a challenge: a handsome 269-seat theater, three times the size of any in which it had yet performed. Now in residence in an interesting partnership with Westminster (whose top drama students gain opportunites to work on professional productions), the company opens its first full season in the Jewett Center this month. Mostly, the emphasis is on local Utah writers and material.

Tickets cost $7 to $10; call (801) 383-6521. Here's the season at Jewett: September 4 through 15: *The Foggiest Notion,* a musical murder mystery by Utah writers Russ Lees, Jeff Price, Barb Gandy, and Christine Glassey. November 20 through December 1: *Utah Shorts,* an evening of 10-minute playlets by Utah playwrights. March 18 through 29: *One Flew Over the Cuckoo's Nest,* by Dale Wasserman. June 3 through 14: *Mountain Meadows,* an ensemble-developed process piece (based on research led by Ray Hoskins) on questions surrounding the southern Utah massacre by Mormons and Indians of more than a hundred members of a California-bound wagon train.

For information on other events at Jewett Center, call Westminster College's public relations office at (801) 488-4112. □



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* Prices are per person based on double occupancy and mid-week travel, valid from September 1, 1991 to December 13, 1991. From December 14—31 prices will be $1,362 West Coast and $1,586 East Coast. $16.00 U.S. departure and customs tax and $2.00 U.S. Agricultural tax are included. Prices subject to change.

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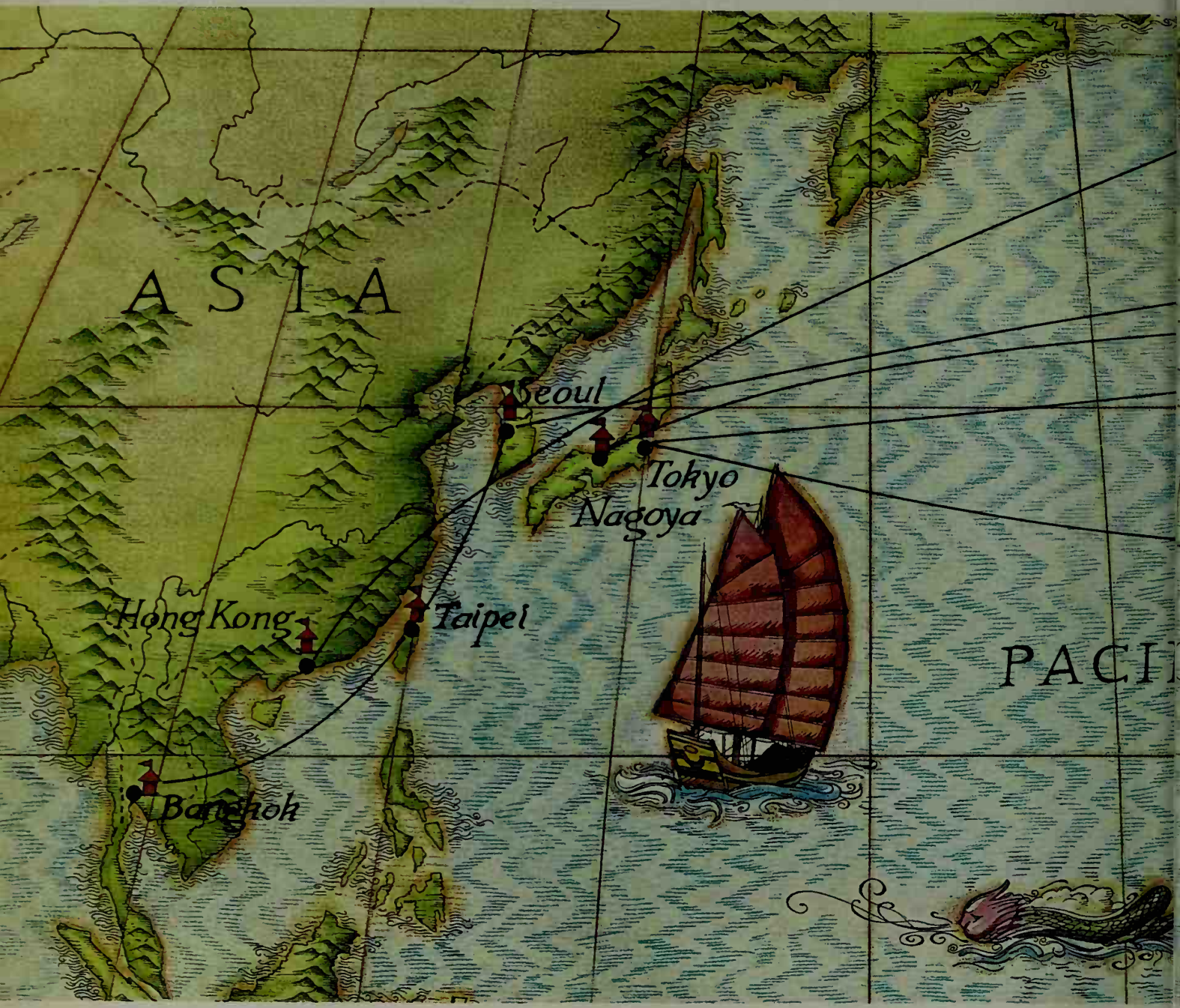

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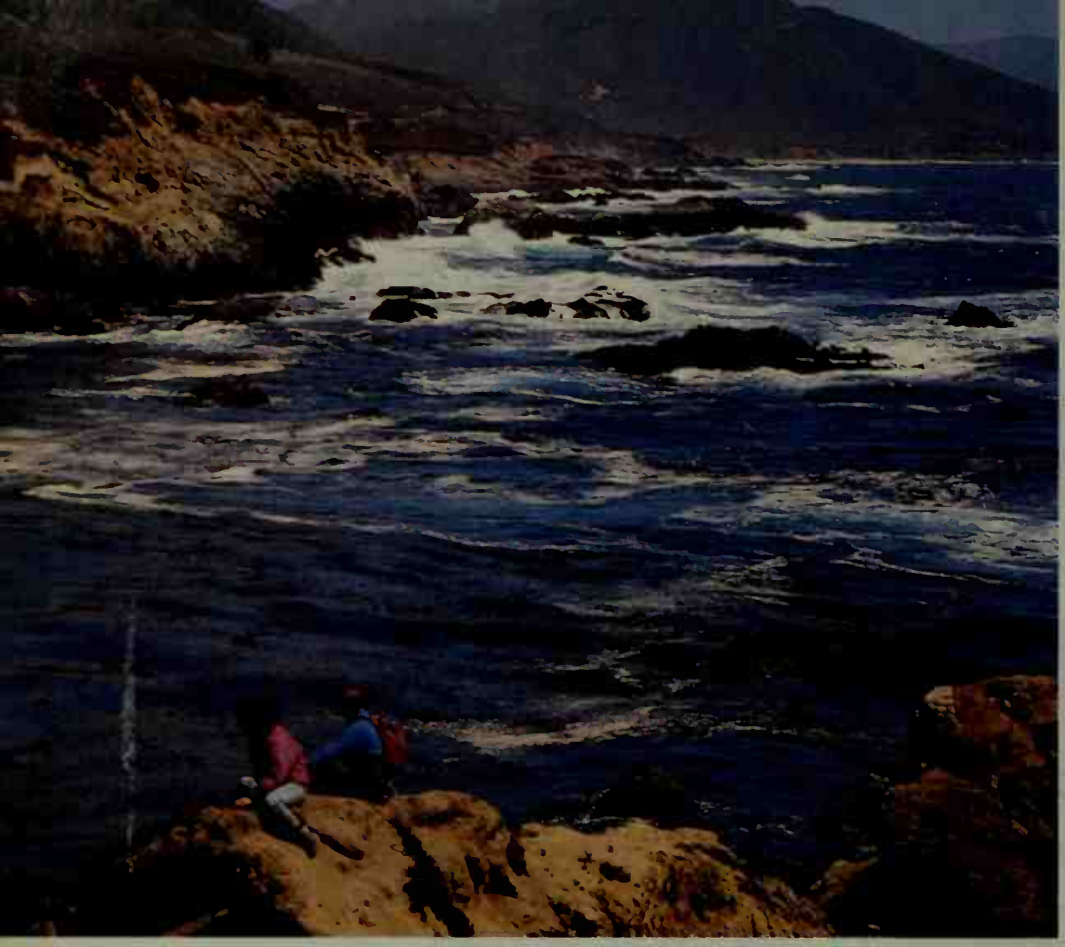


Breaker-broken Big Sur coastline stretches south from Garrapata State Park. Hikers on Whale Peak trail eye cove for sea otters bobbing among kelp beds

Quintessential Big Sur just 10 miles south of Carmel

RENEE LYNN

Fern grotto, shaded by redwood trees, lies near end point of Soberanes Canyon Trail

We'll get the bad news out of the way first. Garrapata is Spanish for "tick." In the 1830s, explorers pushing along the Big Sur coast gave the name to a canyon and creek where the diminutive nuisances thrived. The name lives on in Garrapata Creek, and in the nearby coast and hills set aside as Garrapata State Park.

Is there anything else unflattering to say about Garrapata State Park? Nothing comes to mind. Ten miles south of Carmel, California, Garrapata gives you the quintessential Big Sur experience, though in fact it lies a little north of what some people consider the true Big Sur.

Pacific breakers thunder against broken cliffs, rafts of sea otters bob in kelp beds, and redwood-shaded canyons thread through September's sun-bronzed hills. As for the garrapatas, they can be found in the inland portions of the park, but in no more bothersome profusion than in many other wild areas of California, and this month doesn't fall within their peak season.

A seaside walk to Whale Peak . . .

Long used for cattle ranching, Garrapat became a 2,800-acre state park in 1983. I doesn't look much different from how i did in its cattle days, and many area residents want to make sure it stays tha way. Last year, when the state park sys tem announced tentative plans for more intensive development, local opposition was fierce enough to send the planners back to their drawing boards. As it stand now, Garrapata allows only day use, and lacks facilities other than trail signs and portable toilets.

The absence of a parking lot or official park entrance means you have to be alert as you drive south from Carmel on State Highway 1. In about 9½ miles, you'll see signs for the park. Watch for turnouts these bear signs with numbers so small you'll have to stop your car to read them. Park at turnout 13 (on the west side of the highway) or 14 (on the east side).

From turnout 13, trails lace west across the bluffs to Soberanes Point and around—and up—Whale Peak. During the fall and winter months, point and peak are favored spots for watching migrating gray whales; this time of year, you'll probably have to content yourself with sea otters (the park lies near the northern end of the California Sea Otter Game Refuge). Tidepooling is also good, but should be done with great respect for the waves that bash these cliffs.

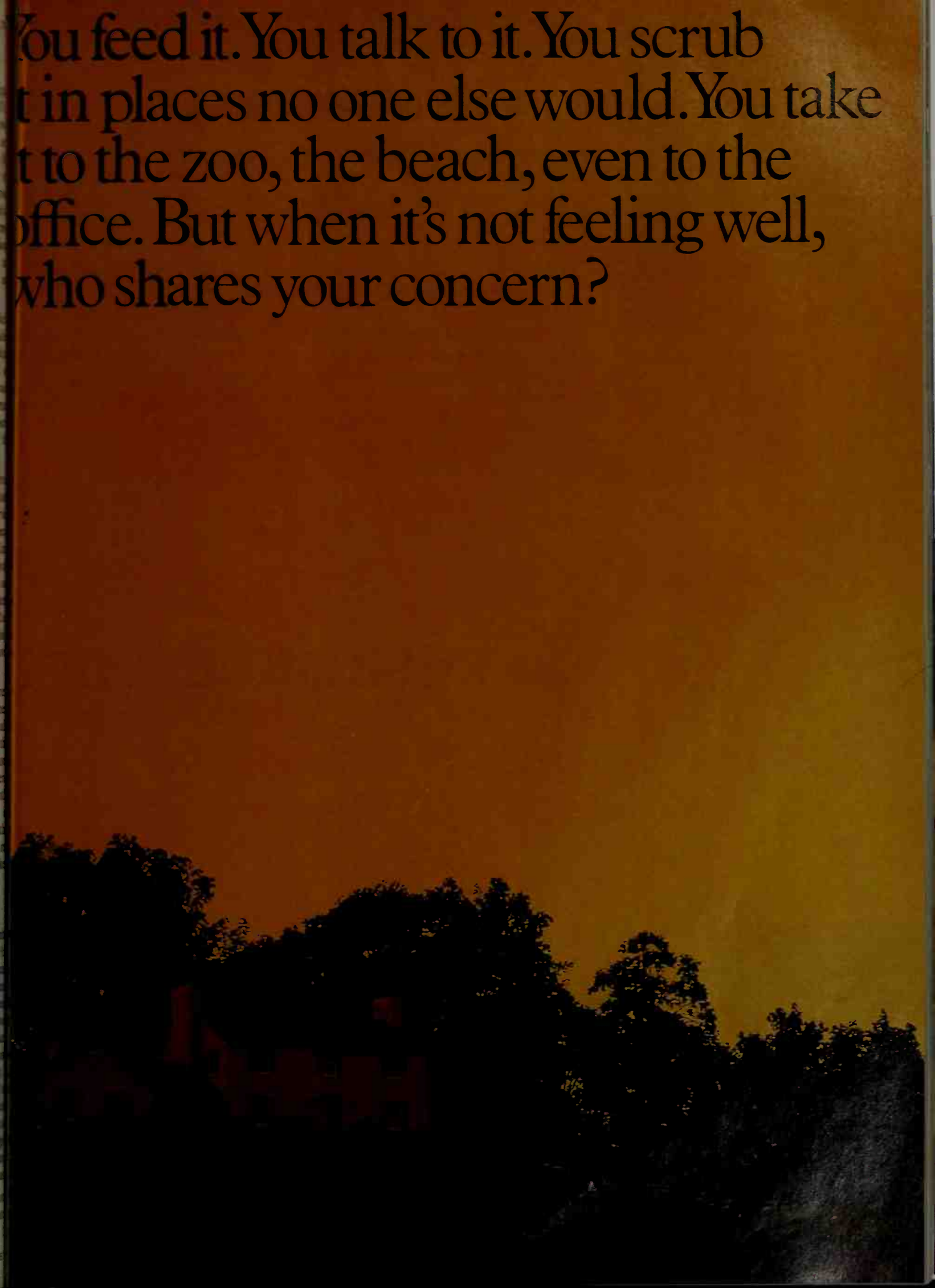
Garrapata is used by two special-interest groups. Rock fishermen like to try their luck for greenlings and surfperch (a California fishing license is required). And the sheltered northern and southern sections of the park's beach draw nude sunbathers. (One Bay Area publication recently named Garrapata best nude beach in northern California.) More open to the elements, the middle section tends to require a bathing suit, if not a windbreaker and long pants.

. . . and into the hills

From turnout 14, two trails run east into the interior of the park. The easier 1½ mile (one way) Soberanes Canyon Trail pokes along Soberanes Creek to a small grove of redwoods; watered by the creek and by the fog that creeps up the canyon, they're a verdant surprise in these chaparral-clothed hills. More difficult because it's steeper is the Rocky Ridge Trail; in 2 miles (one way), it climbs 1,500 feet to views south to Point Sur, north to Monterey Peninsula. For either trail, carry water, watch for poison oak, and—though you're more likely to find them in spring than now—check yourself for garrapatas.

For more details on Garrapata State Park, write or call Pfeiffer Big Sur State Park, Big Sur 93920; (408) 667-2315.

You feed it. You talk to it. You scrub
t in places no one else would. You take
t to the zoo, the beach, even to the
office. But when it's not feeling well,
who shares your concern?



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It may be your c

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ell us where it hurts, we're stening. Talk is cheap. Listening is even less expensive.

So we created Customer Diagnostic Forms that help you nd the technician pinpoint nd translate a car's moans and roans into successful repairs.

More midnight oil: We nstituted more courses to pgrade our people's abilities in he fine art of how to listen to nd understand your needs, and hen act on them better. If this ounds like a course in human elations, it is.

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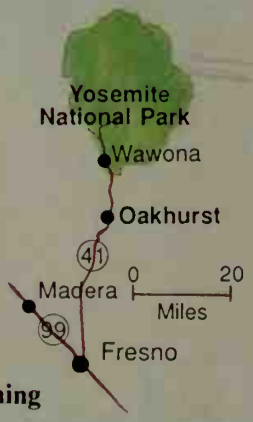
RENEE LYNN

Elderberry House's ambiance is European, but the patio view from this Oakhurst restaurant is pure Sierra foothill

Lingering on your way to Yosemite



Half Dome and El Capitan are waiting. Why, then, dally in Oakhurst?

Here are a few reasons: logging flumes and log cabins, and Charcoal Grilled Brochette of Quail with Loganberry Madeira Jelly and Rosemary Sauce. If you can reserve a few hours on your way to or from Yosemite, the park's southern gateway—50 miles north of Fresno, 20 miles south of Wawona—holds some surprises.

Dog trot cabins . . .

Admittedly, Oakhurst doesn't present its best face to the traveler. The main drag, State Highway 41, is one of those thoroughfares where what isn't a gas station is a fast-food stand. But a quick detour brings you to Fresno Flats Historical Park, where volunteers have moved and restored 10 venerable buildings from the Madera County foothills. Docents are on hand to show you through them. Our favorite is probably the 1869 Taylor Log House, a "two pen dog trot log cabin." Another charmer is two-story Laramore-Layman House, built in the 1870s. Nearby stretches a section of the flume that slid milled lumber on a 54-mile journey from the Sierra to the Central Valley.

The park is open 1 to 3 Wednesdays through Saturdays, 1 to 4 Sundays; entry is $2, $1 children. From State 41 in Oakhurst, take Road 426 east, then School Road (Road 427) north 1 mile to the park (on left). For details, call (209) 683-6570.

. . . and gourmet dining

Seven years ago, Vienna-born Erna Kubin-Clanin chose an Oakhurst hillside as the site for a restaurant modeled on her favorite country dining spots in Provence. The cuisine she and German sous-chef Christian Mueller have created at Erna's Elderberry House—French-influenced, with creative use of seasonal California ingredients—has drawn kudos from food writers on both coasts.

A six-course prix fixe dinner ($45) is served from 5:30 to 8:30 Wednesdays through Mondays, a prix fixe luncheon ($14.50) from 11 to 1:30 Wednesdays through Fridays, and brunch ($20) from 11 to 1 Sundays. You can eat inside, in one of the three tapestried dining rooms named for famous chefs (Bocuse, Escoffier, and Point), or outside on a pine-shaded flagstone patio.

Erna's is on Victoria Lane, off State 41 just south of central Oakhurst. For reservations (advised), call 683-6800.

If you're looking for lodgings to match your meal, Kubin-Clanin has opened the nine-room Château du Sureau (French for elderberry), with rooms for $250 to $350 a night. For reservations, write or call Box 577, Oakhurst 93644; 683-6860. For other Oakhurst attractions and lodgings, write or call the Eastern Madera County Chamber of Commerce, Box 369, Oakhurst 93644; 683-7766. □

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MICHAEL SCANNELL

Innkeeper greets guests at Highland Dell Inn. Previous owner made light fixture from several antique chandeliers

Country inns along the Russian River

Logged, loved, and left behind, the lower Russian River has taken as many economic turns as the course it has carved through the redwoods to get to the ocean.

The trees kept loggers busy until the turn of the century. When the area was finally logged out, San Franciscans came for holidays among the giant stumps and second-growth trees. After World War II, motoring tourists aimed farther afield, and the area drifted into desuetude.

In the late '70s, however, a river renaissance began, led largely by San Francisco's gay community. Today the area attracts all sorts of urban dwellers as a conveniently close getaway (1½ hours north of the Golden Gate Bridge).

Comfortable country inns hark back to the river's heyday. On weekends, the three we list serve dinner as well as breakfast, so you never have to leave the premises if you just want to watch the river flow. If you care to venture out, wine tasting, canoeing, hiking, and horseback riding are close at hand. The region's biggest event, the Russian River Jazz Festival, brings top-name players on Septer ber 7 and 8; if you call right away, y may still find a room for that weekend.

Rates are for double occupancy, and i clude breakfast. Area code is 707. F information on seven other inns in t area, call Country Inns of the Russi River at (800) 927-4667.

The Estate, 13555 Highway 116, Guern ville 95446; 869-9093. Built in 1922 by well-to-do San Francisco banker, The E tate still has the feel of an elegant count manor. Furnishings—some antique, sor contemporary—are carefully chose avoiding the excesses that plague ma bed-and-breakfasts.

Each of the 10 guest rooms has a distin tive character; prices range from $100 f a small bedroom to $175 for a spacio suite. All have private bath, telephor and TV. Guests can lounge by one of t stone fireplaces that dominate two co mon rooms on cool evenings, or outside the pool and whirlpool tub on hot days

Dinners that match the elegance of t setting are served on Monday, Wedne

dwoods as sturdy as Doric columns
een shingled Village Inn

y, and Saturday evenings; cost is $25.

ighland Dell Inn, 21050 River Blvd., onte Rio 95462; 865-1759. This recent- renovated riverside inn is still appeal- gly rustic. Since its construction in 906, it has hosted wives of Bohemian lub members attending their annual en- mpment at nearby Bohemian Grove.

ntiques and whimsical furnishings, such a cabinet bed resembling a ship berth, stinguish 10 rooms with various ar- ngements of private and shared baths 70 to $105). The Bohemian Suite 195), complete with a bright red sunken b, king-size brass bed, and two wood- oves, occupies the entire third floor.

turday dinners, a new feature at the inn is summer, cost $25.

illage Inn, 20822 River Blvd., Box 850, lonte Rio 95462; 865-2304. The Village n is a contemporary of the Highland ell Inn, and just a short stroll away. ilm buffs might recognize it as the set- ng for Bing Crosby's *Holiday Inn.*

the main building, small rooms with a th down the hall ($30 to $35) seem to ve changed little since the earliest days. ut an adjacent building holds seven ren- ated one-bedroom suites with small itchens and private baths ($55 to $80); o have decks overlooking the river.

his is the only inn we describe with a staurant open to the public, and it draws owds of diners in summer (if solitude is our goal, you might look elsewhere). earty continental dinners (entrées about 9 to $15) are served in a charming old- shioned dining room. On Sundays, runchers congregate on a sunny deck. □

Mission revival manor, *now The Estate,*
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MICHAEL SCANNELL

RENEE LYNN

Backed by smashing views of the Golden Gate, volunteer atop Marin's Hawk Hill tracks migrating raptors, helps visitors spot and identify birds like the golden eagle (right), with massive beak and tawny head

Here come the hawks

In the Bay Area, where to watch the big migration

"Birds of prey know they're cool," says a Gary Larson cartoon showing eagles wearing shades and headphones.

Among viewers, hawks are hot, and the best place to see them now is the Bay Area. In fall, some 16,000 hawks of 19 species cross the Golden Gate in the West's largest hawk migration. Last year, peregrine falcon and HPH (hawks per hour) sightings were up at Marin's Hawk Hill, where nonbirders can become aficionados by listening to "hawk talks." They can also learn birding with the help of experts, or attend classes (new this year). Or try four other Bay Area migration-watching hills, all with dazzling vistas.

Funneling down from as far as Alaska, hawks mass over Bay Area peaks en route to southern feeding grounds. Scientists know little of the birds' final destinations. Migration peaks mid-September to mid-October, with up to 500 hawks daily.

Best viewing is between 10 and 2 as hawks soar and glide on midday thermals. Stay home when it's foggy or rainy—the birds don't seem to migrate then. Bring binoculars and a field guide.

Don't-miss migrants

You may see Cooper's, red-tailed, or rough-legged hawks, kestrels, and more. These rare birds are worth waiting for:

Golden eagle. The largest migrant, it has 90-inch wingspan. Dark brown. Slow wingbeats; glides with wings nearly horizontal.

Peregrine falcon. Medium body; short, pointed grayish wings; and buff breast. Wide, dark mustache mark and black helmet are tip-offs. Noted for fast flight and steep, dramatic dives after prey.

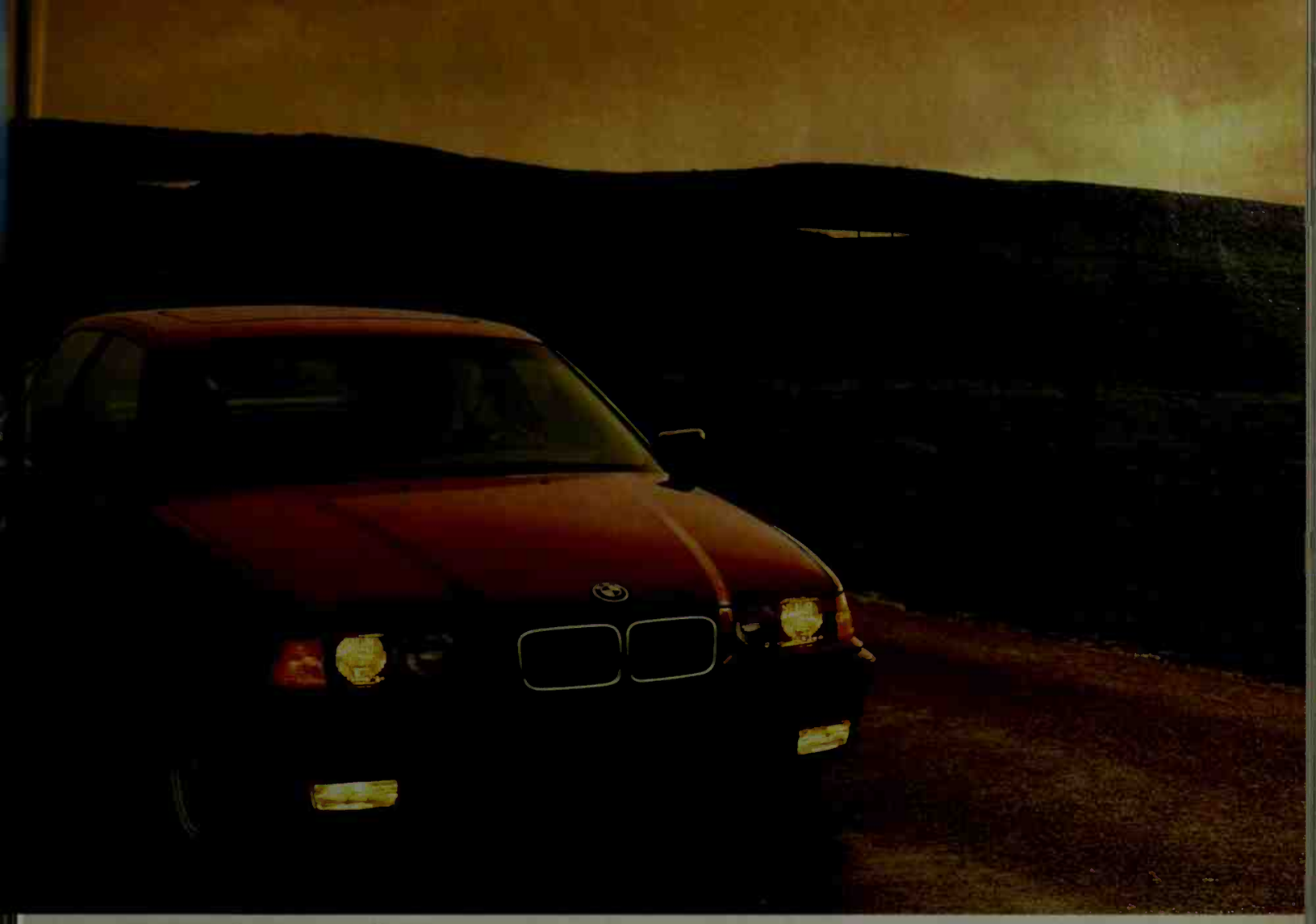
From Hawk Hill to Russian Ridge

At Marin Headlands, in Golden Gate National Recreation Area (GGNRA), Hawk Hill offers dramatic views of the city and Golden Gate Bridge. Go early for easiest parking; bring a picnic. Avoid Fleet Week, October 12 through 17, when jet flybys disturb migration.

In September and October, you can listen to a hawk talk at 10 on Wednesdays and at noon on Saturdays, or watch bird-banding at 2 on Saturdays. August 19 through December 15, volunteers help you learn about and identify hawks between 10 and 4 daily. Activities, sponsored by Golden Gate Raptor Observatory (GGRO) with the GGNRA, are free (rain or fog cancels). To join a hawk identification class ($40) or volunteer with GGRO, call (415) 331-0730.

From U.S. 101 Highway in Sausalito, take Alexander Avenue under the freeway toward Fort Barry, then take Conzelman Road 1¾ miles west. Where the road becomes one lane, park and walk up Hawk Hill.

Other hawk-watching sites. On the peninsula: *San Bruno Mountain State and County Park, Sweeney Ridge, Russian Ridge Open Space Preserve.* In the East Bay: *Mount Diablo State Park.* □



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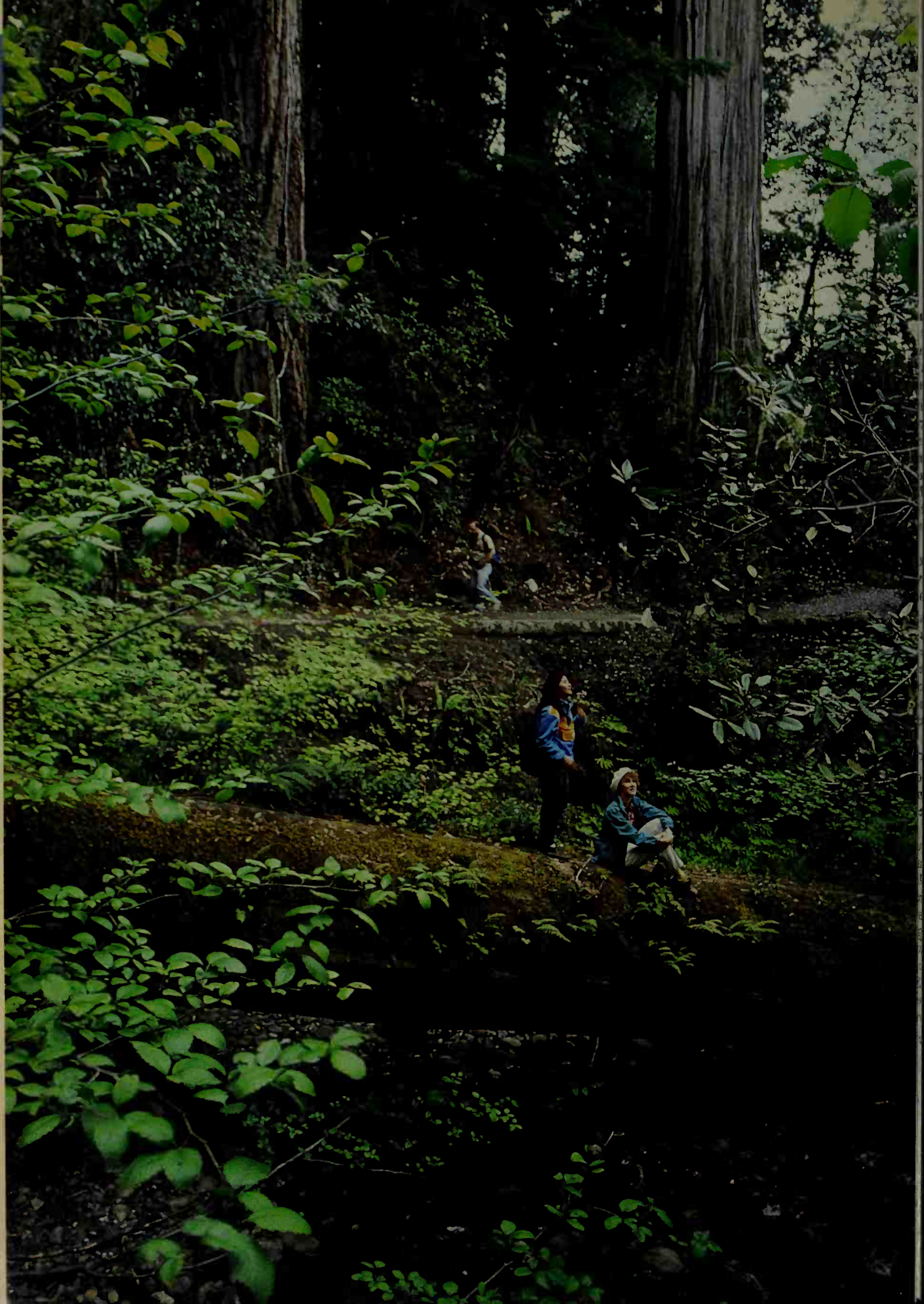


The Smith flows green . . . and wild

Our newest National Recreation Area preserves the serpentine-hued Smith River and 118,000 acres of old growth. Now is a good time to explore

Tinted by the rocks that line its riverbed, the three-forked Smith River appears serpentine green as it unravels through steep gorges and tall old-growth forest in the country's newest national recreation area.

With its designation last fall, the 305,337-acre Smith River National Recreation Area preserves California's last major undammed river system. The Smith will remain undammed, no new mining claims will be allowed, and logging in the ancient forest will be sharply cut back. Smith River NRA sets aside some 118,000 acres of old-growth forests east of Crescent City—more, experts estimate, than could have been bought under California's defeated Forests Forever initiative last year.

The new NRA, administered by Six Rivers National Forest, also benefits the ancient trees of neighboring Jedediah Smith Redwoods State Park, protecting against erosion and siltation of their upstream watershed. After 1990's heated old-growth debates (see "Old Growth," page 54 of the August 1990 *Sunset*), this victory has gone surprisingly unheralded.

From the gentle redwood giants in Jed Smith at the new NRA's west side to the steep canyons and rushing whitewater at its eastern boundary, the Smith River country offers a more varied landscape than you'll find in the more famous parcels of Redwood National Park south of Crescent City. With maple and dogwood leaves gilding the ridges and salmon fishing starting to pick up, the gorge makes a good fall destination for a warm hike or picnic, a bracing swim, or a scenic drive. U.S. 199, which winds through the area, was declared a National Forest Scenic Byway in 1988.

Getting to the Smith River is a long haul—about 5 hours from Portland on I-5, about 7½ hours from San Francisco on U.S. 101. (You could instead fly to Eureka, about 70 miles south, and rent a car.) Local lodging and meal prices are modest, and three campgrounds (see map) are open past midmonth.

Huckleberries to soaring firs in a showcase recreation area

"The Smith River Act was precedent setting," says Bradlee Welton, vice president of the Smith River Alliance, which has lobbied to protect the area. (The alliance originally proposed the area as a national park in 1985 with the support of then–Park Service Director William Penn Mott, Jr.) "It eliminates or strictly limits logging in the Wild and Scenic river corridors throughout the new recreation area, clearly reversing Forest Service logging policy in Wild and Scenic river corridors elsewhere in the country."

The mountains of this river basin aren't particularly craggy or very high—none tops 7,500 feet—but march in ridges from the coast to the Siskiyous. Botanically diverse, these ridges contain incense cedar, Port Orford cedar, tan oak, madrone, white fir, redwood, and Douglas fir—the last two in impressive old-growth stands.

Beneath the forest canopy grow wild azaleas, ferns, and huckleberries—now hanging ripe on trailsides. All tumble together in lush profusion as if in some tropical rain forest (this area averages 120 inches of rain yearly, so go prepared for rain).

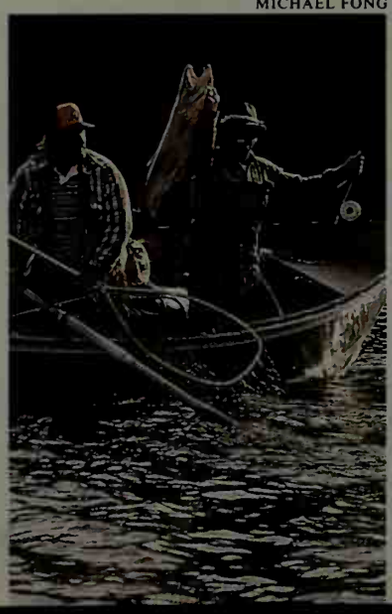
***Pyramids show** campgrounds open year-round; more are open in summer*

Two visitor centers help unlock the area. The national forest office in Gasquet has maps and trail information; hours are 8 to 5 daily (weekdays only after October 15). A few miles west, Hiouchi Visitor Center, open 9 to 5 daily, has a picnic area and bookstore.

Challenging fishing, rugged hikes

It's rough country, so don't expect trails to be perfectly groomed—and watch for poison oak. Carry a Forest Service map and check conditions. Cautions: some cars have been broken into on remote roads; lock up, and take valuables. Deer hunting

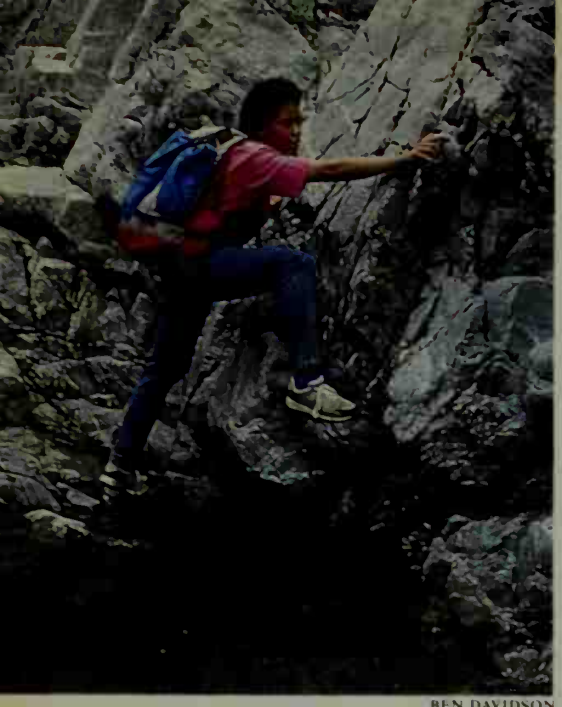
MICHAEL FONG



***Drift boat anglers** hauled in this big salmon below Hiouchi Bridge just west of Gasquet*

***On a gravelly bar** above a bend in the Smith River's middle fork, picnickers catch wind off the water*

***llen giant** marks classic cient forest on Stout Grove ail hike at Jedediah ith Redwoods State Park*



BEN DAVIDSON

Granite gorge at Goose Creek access on Smith River's south fork offers a challenge for rock scrambling

opens September 21, but it's not popular in the recreation area because of the difficult terrain; ask the ranger station what trails to avoid. Mountain bikes are permitted on roads only; dogs are permitted, but in camp they must be on leash.

Fishing. License required; two-fish limit. Check ahead for possible closure due to low water by calling (707) 457-3131 or 445-6493 weekdays. Salmon generally run September through December, steelhead December into March. Steelhead are famously wily and elusive, so be patient. Drift boat fishing is best from Hiouchi downstream. Boat ramps are slated to open in Jed Smith Park and at the nearby forks of the Smith. For a list of guided drift boat trips (about $250 per day for two), call Pacific Coast Guides Association at (707) 458-3577.

Hiking. *Myrtle Creek Trail:* ¾ mile one way; easy. This nature trail (new free guide) passes 1890s mining pits and a flume ditch; you'll see five-finger ferns, threatened California pitcher plant. Park off U.S. 199 at the west end of Myrtle Creek Bridge and use care crossing the highway.

Craigs Creek Trail: 3¾ miles one way; moderate. Hike up through live oak and tan oak, and past huckleberry bushes into a few old-growth redwoods and then knobcone pine before angling down to a river view point. Park at the Second Bridge on South Fork Road.

South Kelsey Historical Trail: 16 miles one way; moderate to tough. This 1850s military supply route is fairly level for the first 7 miles, then climbs steeply up a shadeless ridge. Short day-hikes out of Big Flat are popular. Try the easy 1½-mile one-way walk past cascading Yellowjacket Creek and old-growth Douglas fir to the icy waterfall at Buck's Creek (nice beaches here).

River access. Dinner plate–size signs on small posts mark the 15 sites; watch for dirt pull-outs. Our favorite: Goose Creek access, 13½ miles up South Fork Road. There are no guided raft trips. The South Fork from Stevens Bridge to Craigs Creek is popular with kayakers and watchers.

Cathedral groves at Jedediah Smith

Walking through these ancient groves can be a spiritual experience. The 1-mile Simpson-Reed Discovery Trail (trailhead on U.S. 199) shows you some impressive giants on an easy nature hike. For a riverside picnic spot, take the unmarked road immediately west of the trailhead through memorial groves.

Off unpaved Howland Hills Road (deep potholes; trailers not advised), the easy, 1-mile Stout Grove Trail leads through magnificent ancient redwoods. Farther up this road is one of our favorite hikes: Scout Tree Trail, a moderate 2¾-mile hike through old redwoods to a fern waterfall or more big trees.

Lodging, dining, camping

Crescent City is 10 miles west; for a lodging list, call (707) 464-3174. Or stay in Gasquet or tiny Hiouchi on U.S. 199.

In Gasquet, the Wagon Wheel Motel and Cafe offers tidy '40s-style motor court cabins ($28 to $32 double); call 457-3314. Gasquet Steak House has a prime rib dinner for $12 (5 to 10 P.M. Wednesdays through Sundays). Gasquet Market has sandwiches, some fishing supplies, and groceries (open 8 to 8 daily). Patrick Creek Lodge ($59 to $69 double) has fine Sunday brunches; call 457-3323.

For the new Hiouchi Motel ($45 double), call 458-3041. Hiouchi Cafe offers hearty breakfasts and lunches. Hiouchi Hamlet Market has a wide range of fishing supplies (including licenses), a deli, and groceries (open 6 A.M. to 9 P.M., 7 to 8 Sundays).

Two NRA tent campgrounds, available on a first-come basis, are open year-round: Panther Flat, on U.S. 199 (42 sites, $6 per night); and Big Flat, off South Fork Road (30 free sites, pit toilets, no water or garbage). Summer-only ones close after September 15. Jedediah Smith park has 106 sites ($14 per night, $12 after Labor Day); you can reserve through Mistix at (800) 444-7275.

Old-growth update

While no major timber-related legislation has been enacted this year, old-growth forest issues are moving ahead.

In Congress

Several House and Senate bills had been introduced by our press time. The bill that passes will likely mandate each of these points in some form:

- A reserve system to protect major amounts of old-growth forest and its inhabitants, including spotted owls.
- Economic relief for out-of-work loggers and mill workers.
- A guaranteed supply of timber from public land.
- A streamlined appeals system to quickly resolve disputed timber sales.

A package of forestry reform bills, together called the Sierra Accord, was written by the Sierra Club and Sierra Pacific Industries, the state's largest timber landowner. It's designed to reduce clearcuts to 20 acres maximum, enhance stream and wildlife habitat, and provide a sustained yield of timber.

In the courts

Decisions by federal district judges have been driving old-growth issues this year.

Judge Thomas Zilly, who ordered the U.S. Fish and Wildlife Service to reconsider spotted owls for protection under the Endangered Species Act in 1988, recently ordered the FWS to designate critical owl habitat on public and private lands, then develop a recovery plan for the owl.

Judge William Dwyer ordered a halt to old-growth timber sales on Forest Service land in which spotted owls might live. He told the Forest Service to develop an owl management plan by March 5, 1992.

Judge Helen Frye ruled against environmental groups that had asked her to force the Bureau of Land Management to redo timber management plans for 2.1 million acres of BLM land in western Oregon. The groups had submitted new spotted owl research that might further limit timber harvests.

In the woods and in the mills

To preserve spotted owl habitat, much less Northwest timber is being sold this year. This cut in production, along with increased demand, is driving prices up sharply.

Timber-related employment is continuing to drop, partly because fewer trees are being felled, and partly (according to information cited by Judge Dwyer) because the industry is able to mill more timber with fewer people.

Trading junk bonds for redwoods

Headwaters Forest, in California, the largest privately held old-growth redwood grove, may at last become public domain. Pacific Lumber owns the grove, but the Resolution Trust Corporation holds millions of dollars in Pacific Lumber junk bonds, seized from a failed savings and loan association.

In a complex deal coordinated by the state, the bonds and cash (or additional bonds held by the state) could be swapped for Headwaters Forest. Beyond that, at least one bond issue with $300 million earmarked for purchase of Headwaters (or other old-growth forest) will likely be on California's June ballot.

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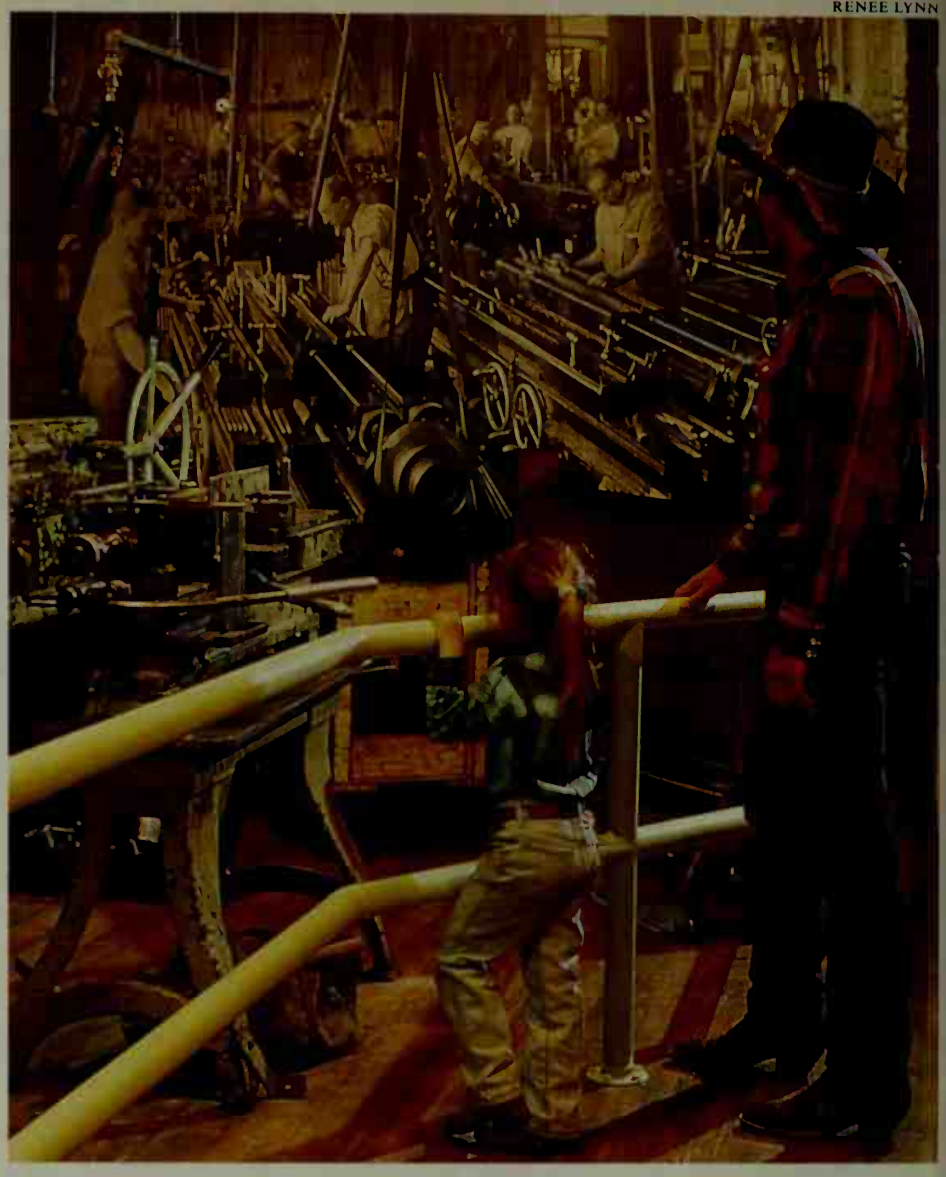

***Photo mural** of Winchester factory and arms-making machine (circa 1912) in foreground show transition from handmade weapons to machine production*

Cowboy mecca: Buffalo Bill Center in Cody, Wyoming

Cody, Wyoming, population 7,838, may appear an out-of-the-way place for a world-caliber museum. Yet every year several hundred thousand visitors come to the Buffalo Bill Historical Center in this cowboy and ranching town east of Yellowstone National Park. Here, they visit the Whitney Gallery of Western Art, the Plains Indian Museum, and the Buffalo Bill Museum.

Now a new wing has been added to house the Cody Firearms Museum, the most comprehensive collection of American firearms in the world. Whatever your opinions on guns, you'll learn much about their history and their part in history.

A 20-minute video introduces the exhibit. Displays follow a timeline, beginning with 15th-century matchlocks, then showing flintlocks, percussion rifles and revolvers, and cartridge and gas-operated arms.

There's a complete collection of Winche ter firearms. Among European ar American weaponry is an 1865 doubl barreled pinfire shotgun given by Empe or Napoleon III to Oliver F. Winchest "Personality" pieces include Theodo Roosevelt's Winchester Model 1876, E nest Hemingway's Winchester Model 2 and Gary Cooper's Single-Action Colt.

Period rooms include a colonial gun sh and a frontier stage stop. The Boone a Crockett National Collection of big gar trophies reflects an unusual historic twist in animal conservation: these t phies were taken by turn-of-the-centu sport hunters interested in documenti disappearing species.

The museum is at 1720 Sheridan Aven September hours are 8 to 8 daily. Cost $7, $6 seniors, $4 ages 13 through 18, ages 6 through 12; (307) 587-4771.

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Beyond the West

Underground in Mexico City

In a city replete with surprises, Mexico City's subway system is one of the best. Clean, efficient, and costing about a dime, the Metro provides welcome relief from the traffic-clogged arteries aboveground.

Throughout the system, you'll find intriguing samples of Mexican history and archeology, making a subway trip more than just a quick way to get from A to B.

The Metro covers the length and breadth of Mexico City, connecting shopping and business districts, parks, and arts centers. Free maps are available at the information booth at each stop; you can also get one at any airline counter at the Mexico City airport.

Buy your ticket at the Metro station ticket booth, and insert it into the slot at the turnstile before passing through. Once inside, you'll find two large signs that indicate the destination of the line in either direction. Check your map to see which direction includes your stop, then follow the sign to the appropriate platform. The stops are color-coded and marked with both the stop's name and a symbol, so they're easy to find. Transfer lines are marked by the word *correspondencia.*

Trips average 2 minutes between stations. The system operates from 6 A.M. to midnight daily. The best time to ride is between 10 and 4. If you must ride during rush hours—from 8 to 10 and 4 to 7—note that certain lines offer special cars for women and children.

A recently completed line now connects the airport with downtown in just minutes, but only hand luggage may be brought on board. As in any large city, it's important to keep a close watch on personal belongings. Nevertheless, the system is well patrolled and safe.

The gleaming marble and onyx stations are well lit and impeccably clean. Notable among them is the Zócalo station in the heart of the city, where changing displays include archeological finds, indigenous costumes, and fascinating old photographs of the downtown area. Models depict the central plaza during three important eras: the Aztec period, when the city was known as Tenochtitlán; the colonial period; and the 20th century.

Aboveground at the Zócalo, you'll find an archeological display of ruins unearthed during the subway's excavation. Lines had to be rerouted to avoid destroying these underground treasures. □

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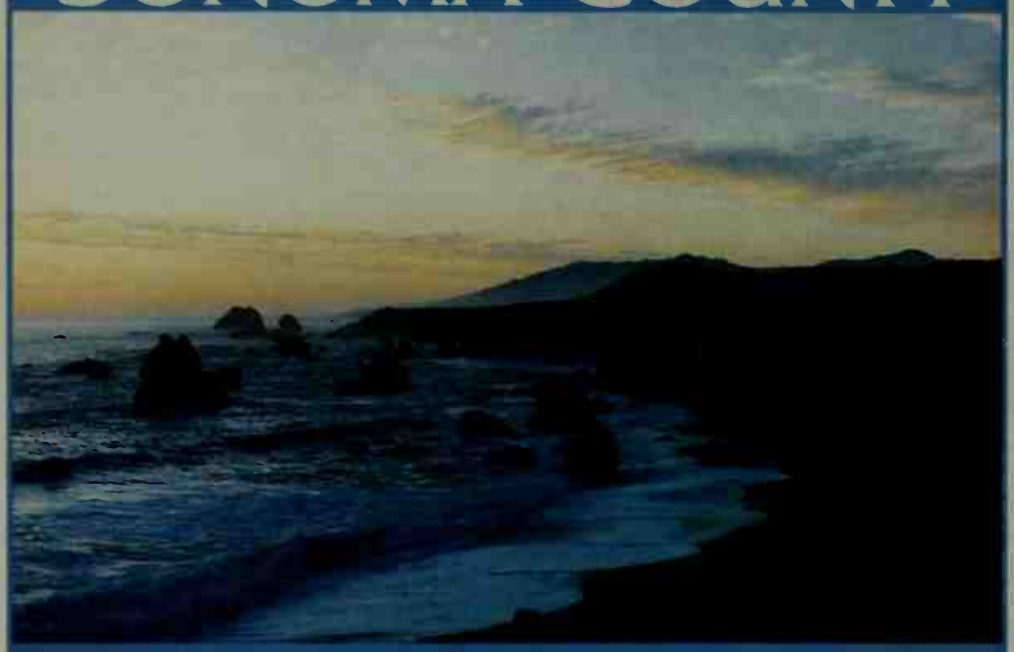

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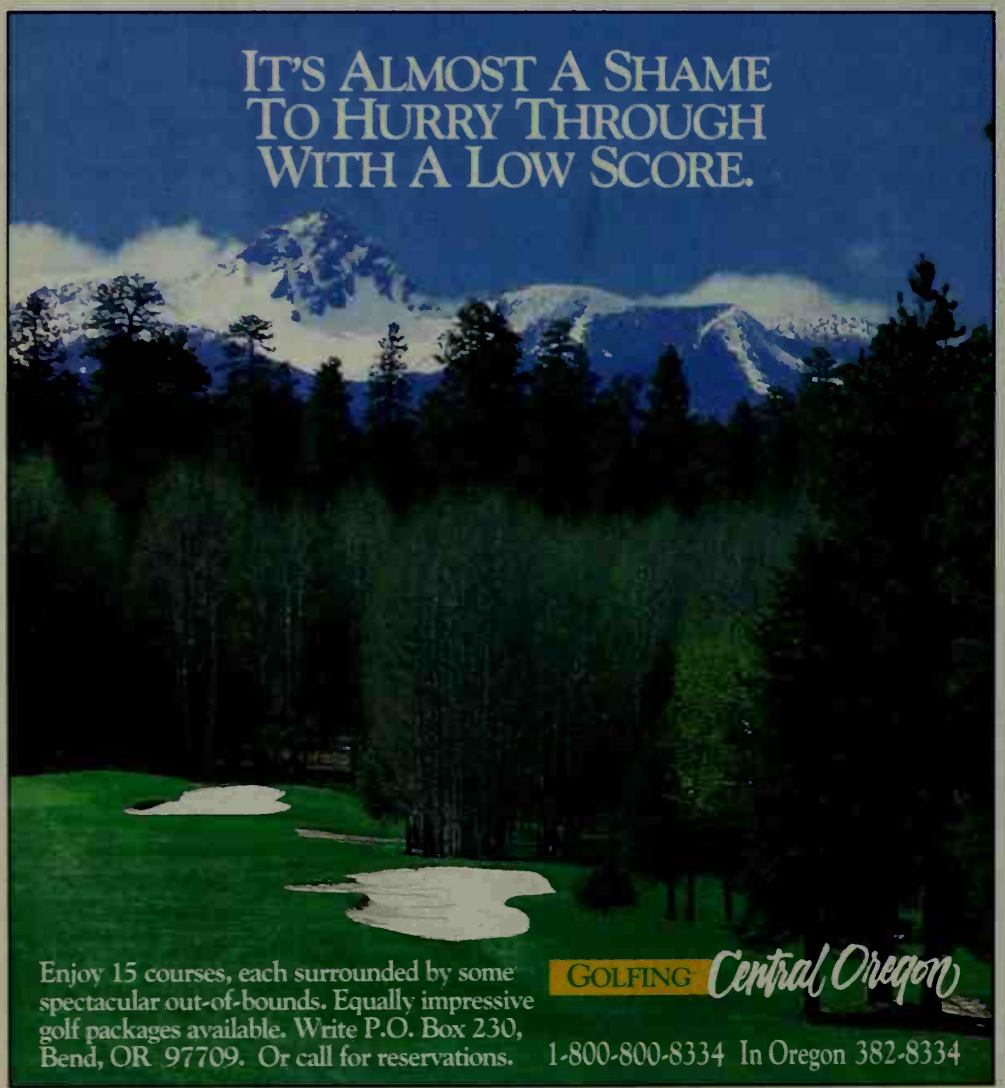

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Beyond the West

TRAVEL PLANNER

Nepal: trek from inn to inn

Through November, participate in a 20-day adventure around the Mount Everest area. Spend 11 days hiking the mountain's scenic foothills with time for sightseeing, relaxing, and a stay in Kathmandu. Lodging, breakfast, and dinner are provided at Sherpa Guide Lodges, owned and operated by local families. Porters carry gear and provide midday meals. Cost of $1,950 includes guides, lodging, and meals. Write or call Mountain Travel, 6420 Fairmount Ave., El Cerrito, Calif. 94530; (800) 227-2384.

Caribbean cruise and bicycle tour

November 10, 17, and December 1, Norwegian Cruise Line's *Starward* departs on seven-day cruises from San Juan. Numerous shipboard activities are scheduled, as are mountain bike excursions on several islands. Rides on Barbados, Martinique, St. Martin, and Antigua range from 25 to 35 miles daily, on mostly flat or gently rolling terrain by fields and beaches. Shorter rides are planned for the more hilly islands, as well as for the cities of San Juan and St. Thomas. There will also be time for swimming, snorkeling, and shopping. Cruise and tour costs start at $1,305, which includes air fare from major gateway cities. Write or call Emmett Travel, 10250 S.W. Greenburg Rd., Portland 97223; (800) 333-5190.

Congo river expedition

On November 12, a rigorous 24-day cultural excursion leaves Brazzaville. Fly to Ouesso and board the riverboat *Queen of the Congo* for a two-day journey. Then transfer to dugout canoes, paddled by pygmy guides, on the Ndoki River and live for four days with these hunter-gatherers. On the Sangha and Congo rivers, attend feasts and barter for foodstuffs in riverside communities, and see bird life in the marshy delta country. Finally, take a train to Pointe Indienne on the Atlantic for two days of relaxation before the return to Brazzaville. The $3,690 fee includes tour, anthropologist guide, hotel, riverboat accommodations, hut camping, and meals. Write or call Wilderness Travel, 801 Allston Way, Berkeley 94710; (800) 247-6700.

Costa Rica adventures

Monthly through December, join eight-day hiking, mountain biking, and rafting expeditions. Explore San José; hike in the misty forests of Barva Volcano, where trees are covered with hundreds of species of epiphytes; cycle down Irazú Volcano past farms, villages, and colonial Cartago; enjoy tropical whitewater rafting on the Reventazon River. Continue to the Caribbean coast, where you'll cycle for two days, stopping to snorkel, swim, and visit a wildlife refuge. Cost of $1,187 includes

ur, guides, equipment, lodging, and me meals. Write to Mariah Wilderness peditions, Box 248, Point Richmond, lif. 94807; (800) 462-7424.

New Zealand's national parks

ovember 19 or December 17, join 14- y hiking expeditions to New Zealand's uth Island. Start in Christchurch and plore the city. During the rest of your ay, visit six national parks and hike to aterfalls and glaciers, up mountains to ectacular alpine and glacial scenery. pend a day in and around the resort town Queenstown before hiking for four days om hut to hut on the Greenstone and outeburn tracks. Cost of $1,890 includes uides, lodging, and meals. Write to merican Wilderness Experience, Box 486, Boulder, Colo. 80306, or call (800) 44-0099.

Morocco's oases and markets

A two-week exploration of the northwestern edge of the Sahara leaves on December 28. From Marrakech, cross the snow-capped Atlas range. Visit date-palm oases, petroglyph sites, adobe castles. Visits to villages allow you to stroll though many of the area's large weekly bazaars. Here, you can purchase Saharan crafts and immerse yourself in the lifestyle of the people. Cost of $2,500 includes mini-bus transportation, hotels, all meals. Write or call Cross Cultural Adventures, Box 3285, Arlington, Va. 22203; (703) 204-2717.

Mexico's Copper Canyon

October 16 and November 20, join strenuous 10-day trips into Mexico's rugged Copper Canyon. After a 5-hour van trip from El Paso to Chihuahua, take the Chihuahua al Pacifico train through the Sierra Madre. For two days, hike narrow trails into the canyon. Burros carry your gear. Then relax for two days at hot springs and waterfalls, hike, and explore plant and bird life. Barter for Tarahumara handicrafts; explore a remote cliff dwelling before returning by rail to Chihuahua. Cost of $1,045 includes guide, meals, and community camp gear. Write or call Wildland Adventures, 3516 N.E. 155th St., Seattle 98155; (800) 345-4453.

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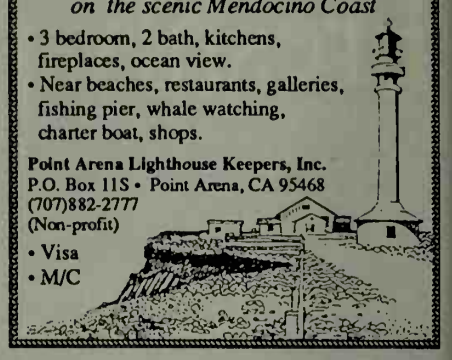

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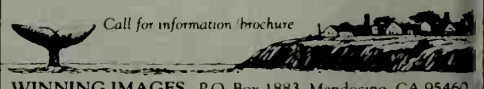

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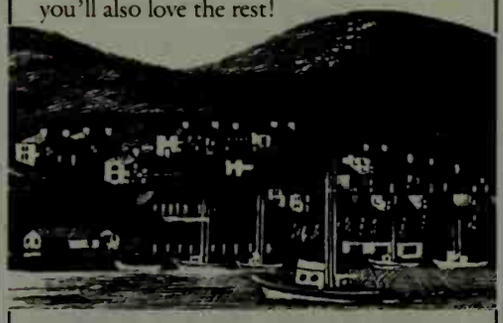

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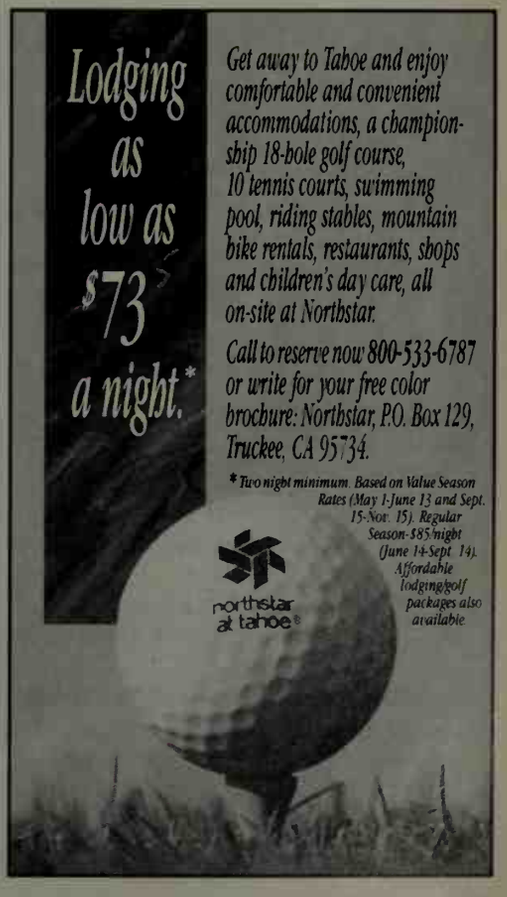
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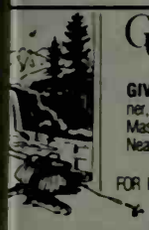

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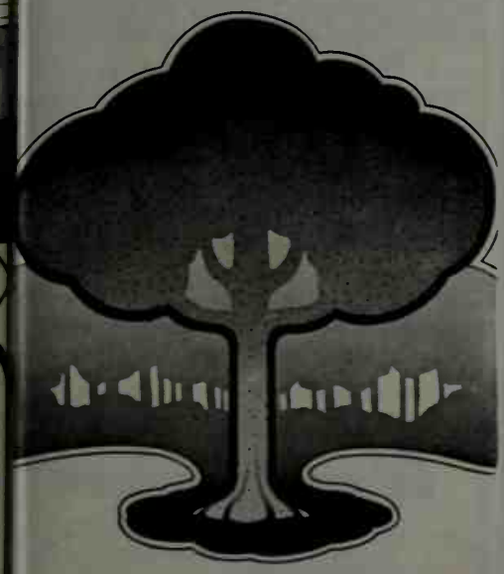

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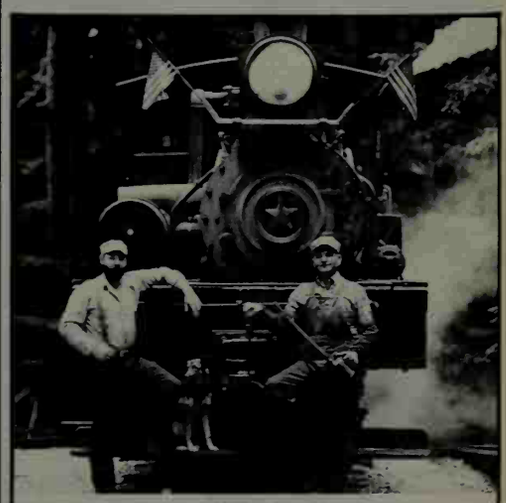

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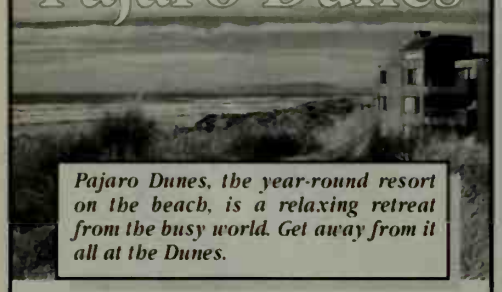

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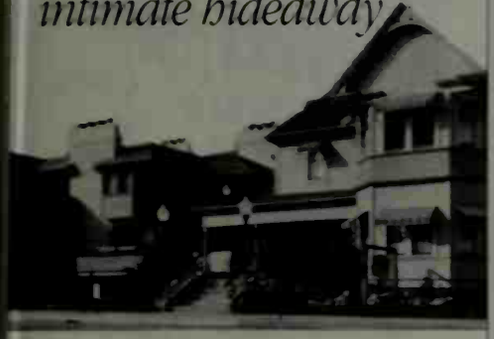

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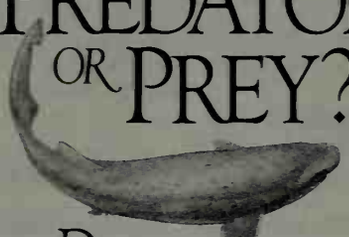

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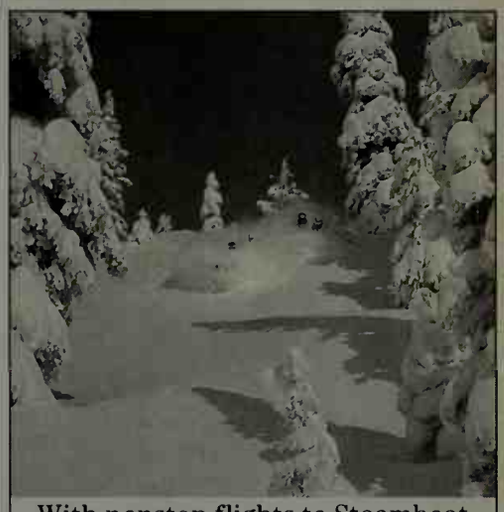

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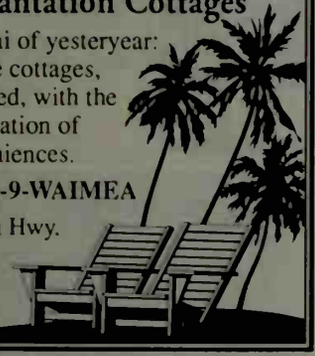

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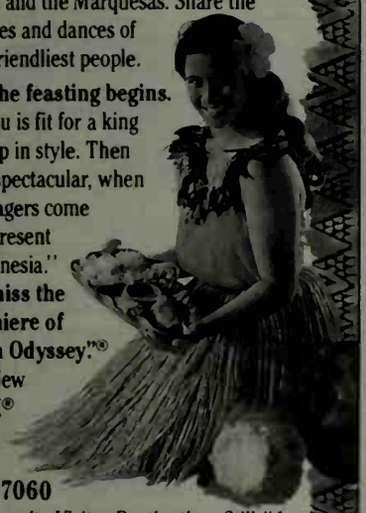

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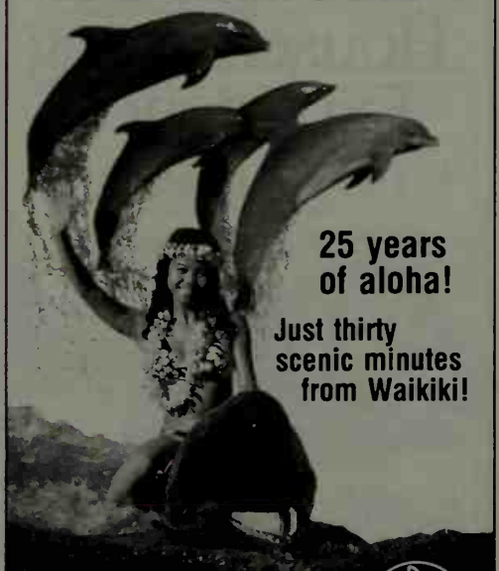

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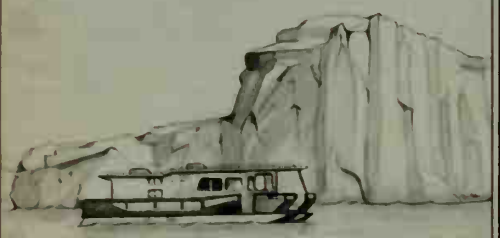

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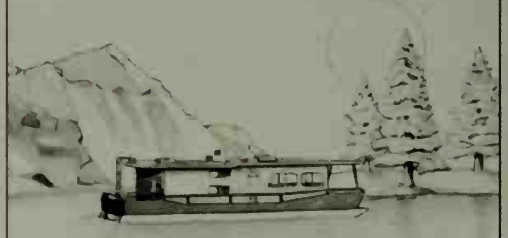

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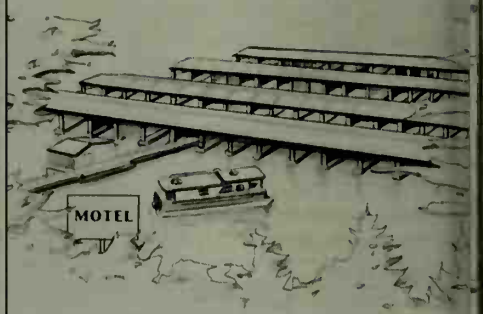

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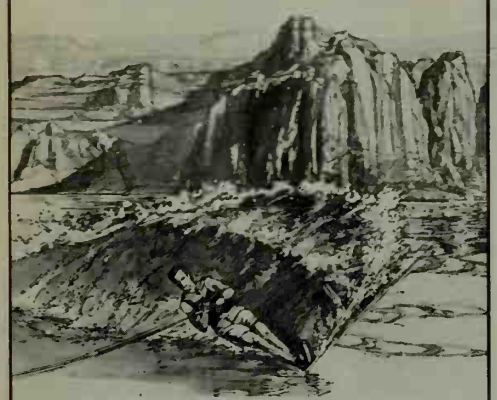

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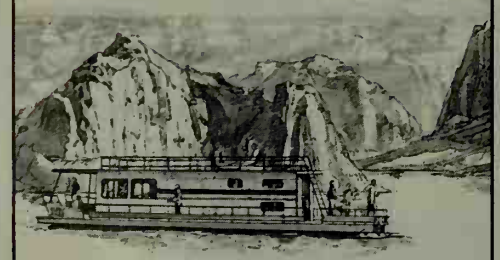

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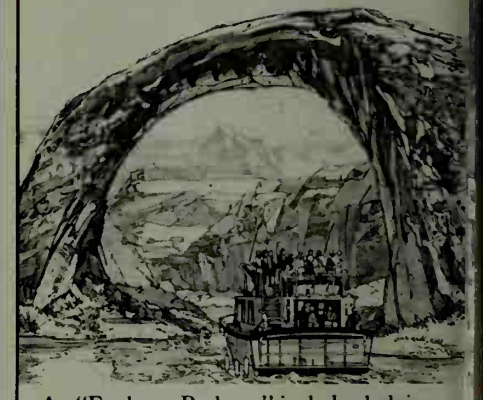

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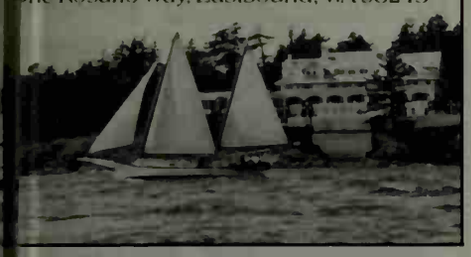

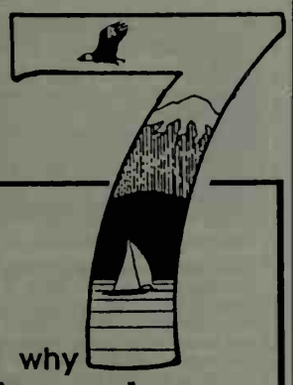

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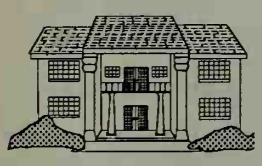

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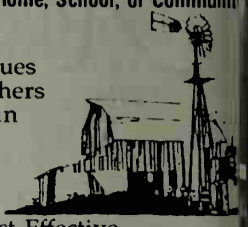

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School and Camp Directory is one of f Directories which appear regularly in ea issue of SUNSET Magazine. The other f Directories are:

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FOOD & WINE SPECIALTIES
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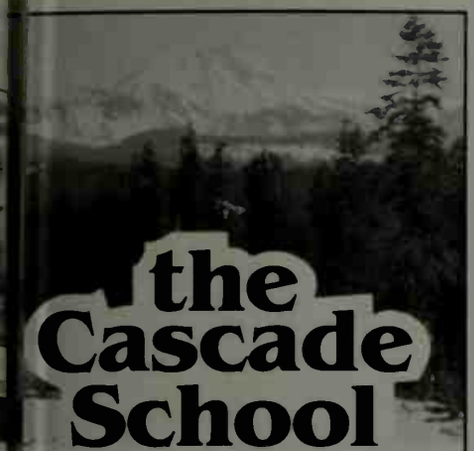
HOME & GARDEN CENTER
beginning page 176

MAIL & PHONE SHOPPER
beginning page 179

Specialty Schools



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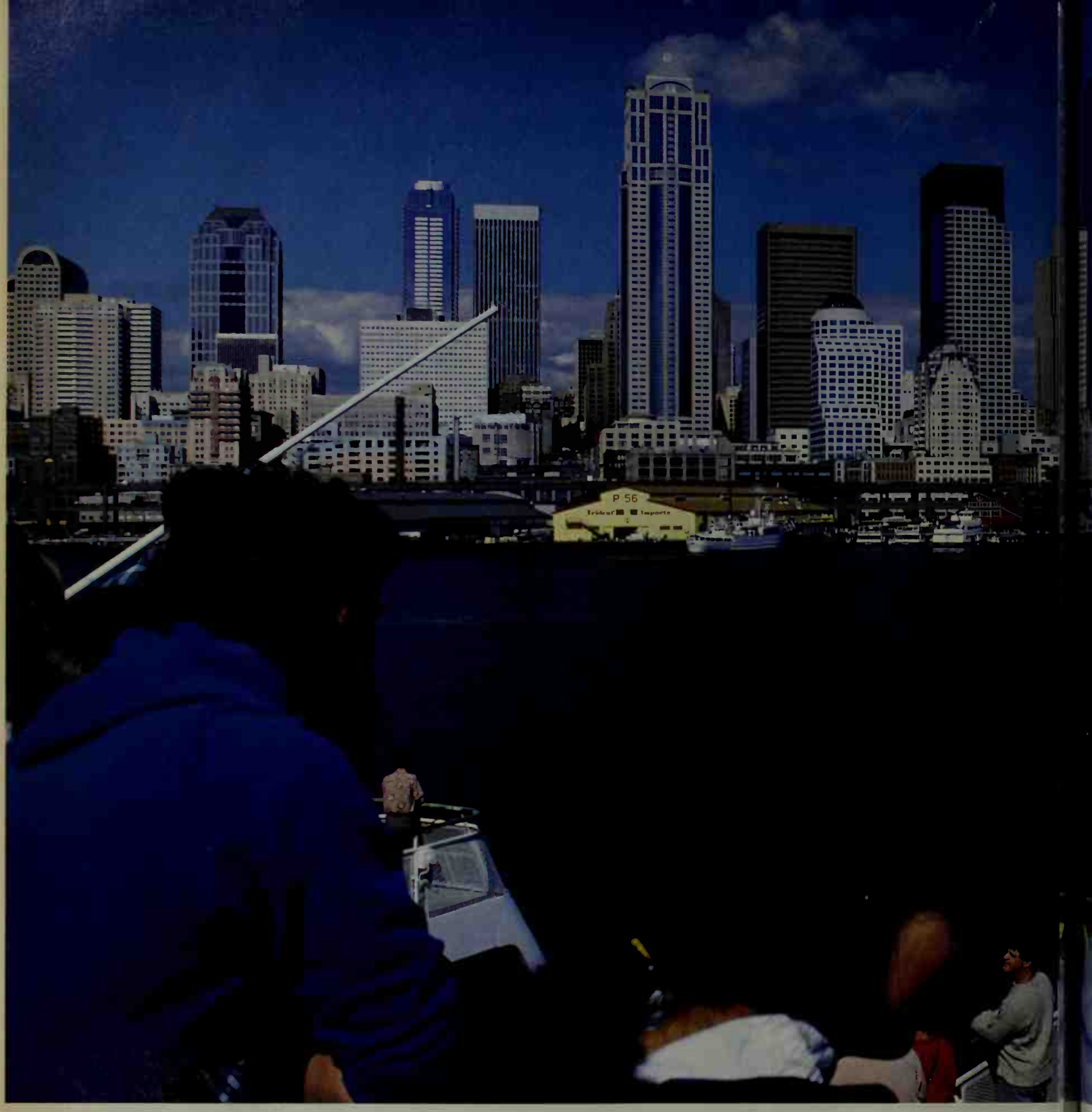
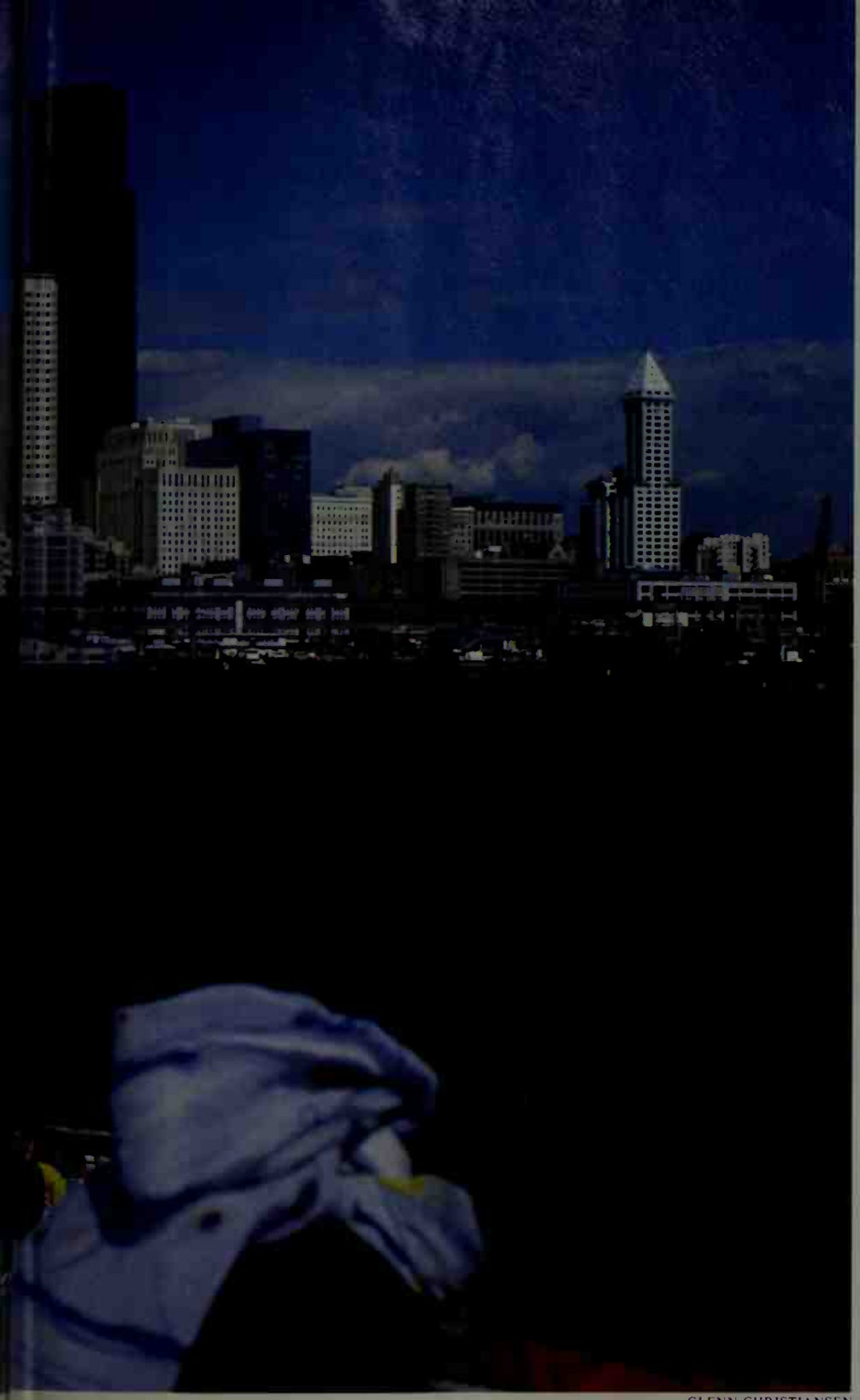


America's favorite city?

Seattle has everything . . . beautiful natural setting, lively urban scene, its own personality and cuisine. Here's how to discover it for yourself



GLENN CHRISTIANSEN

ng and gleaming Seattle skyline stars on ferry ride to Winslow back—a great (and cheap) water outing from downtown

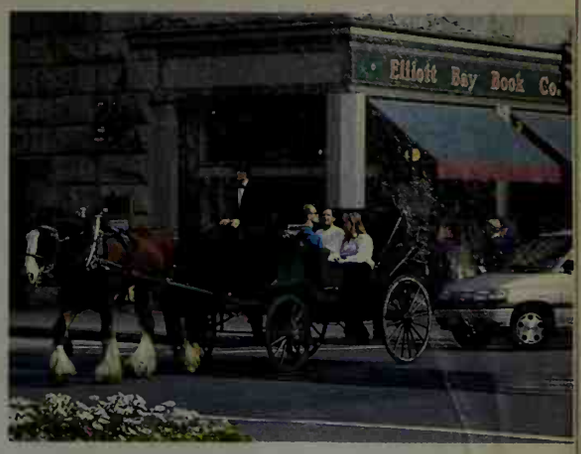
mid a swarm of camera-clutching, map-aving tourists last spring, we asked a itive Seattleite what he thought of all ie attention the city has been getting. It's like growing up with a tomboy kid-ster and all of sudden she's Miss Ameri-a. I'm not sure I like it."

ut it's happened. Hardly a week goes by iat the national media don't tout the rtues of Seattle. Tourists (an estimated million last year) flock to the city.

When you're in Seattle, there's no mistak-ng it for any other place. Even in high-se downtown, the natural setting stops you dead in your tracks: Mount Rainier floats to the south, while to the west down steeply pitched streets you glimpse Elliott Bay (part of Puget Sound) with a ferry sliding in front of the snowy Olympics.

Downtown has a Scandinavian order and enjoyment of the seasons, a love of long, warm days celebrated with flowers in window boxes and hanging baskets. At noon on benches, rows of office workers, faces tilted toward the sun, seem to be trying to absorb enough solar charge to make it through the winter.

From the water, virtually all of the 19



***Clip-clop**—horse pulls carriage through Pioneer Square*

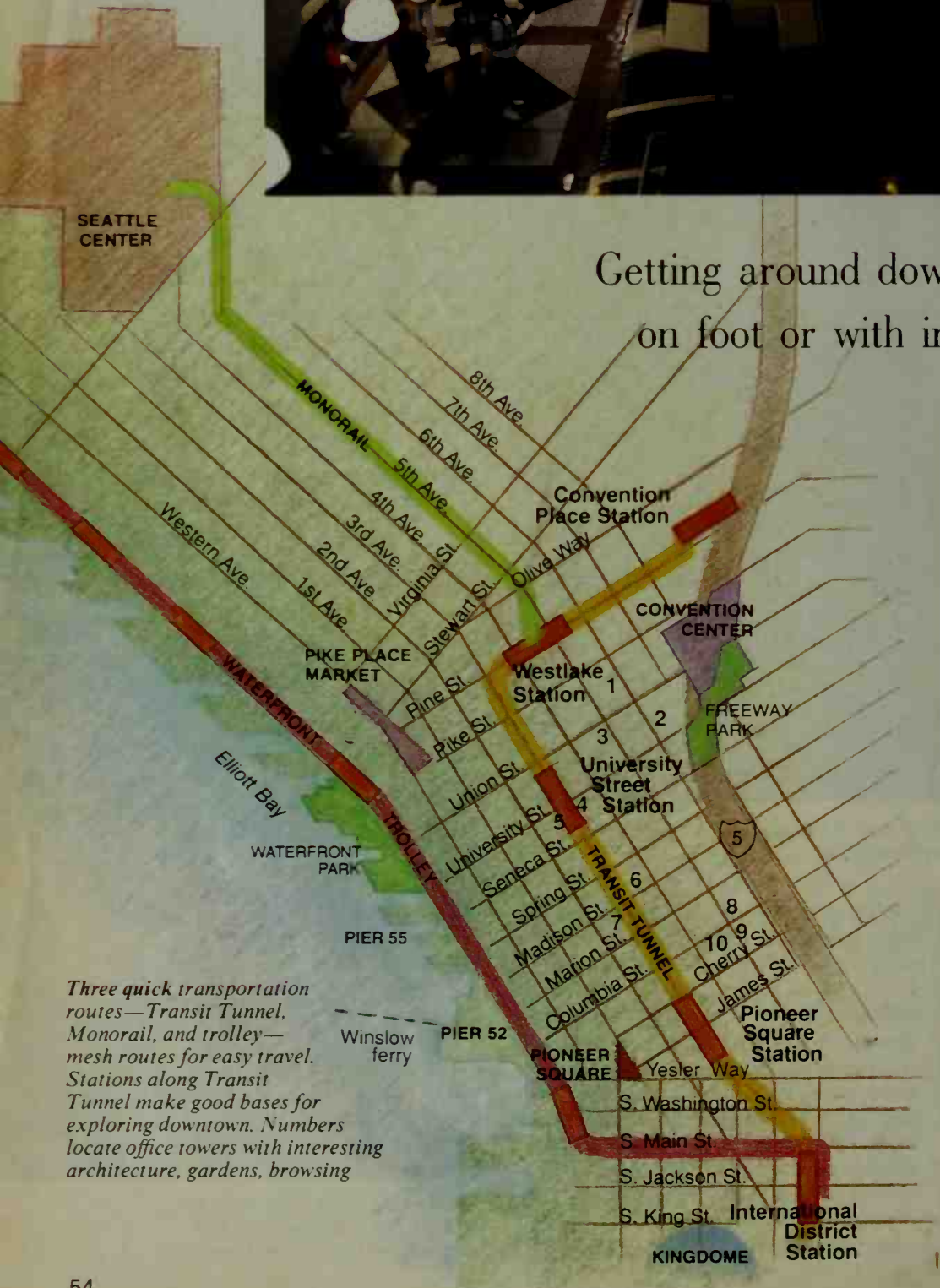
***Tile mural** in Westlake Station evokes the city: ferry, skyscraper, Smith Tower, downtown shopper*

***Flower ladies** are as much a part of Pike Place Market as Eliza Doolittle was of Covent Garden*

***Station** at Pioneer Square, one of five in Transit Tunnel, has distinct design and art. Tracks in floor will carry future light rail*

Getting around downtown is easy . . . on foot or with innovative transit

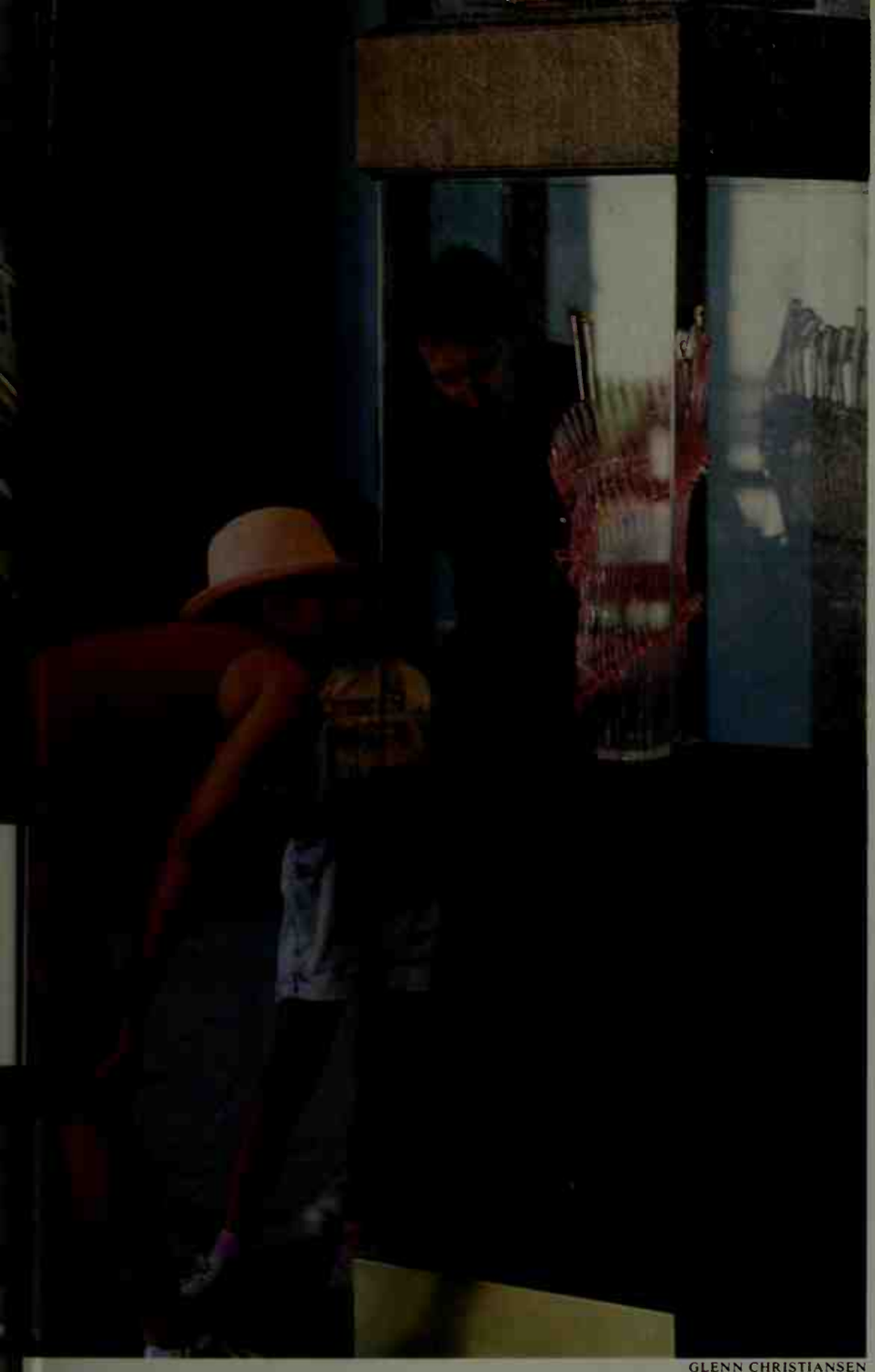
Pedestrian strides through Water Wall in Westlake Park



***Three quick** transportation routes—Transit Tunnel, Monorail, and trolley—mesh routes for easy travel. Stations along Transit Tunnel make good bases for exploring downtown. Numbers locate office towers with interesting architecture, gardens, browsing*

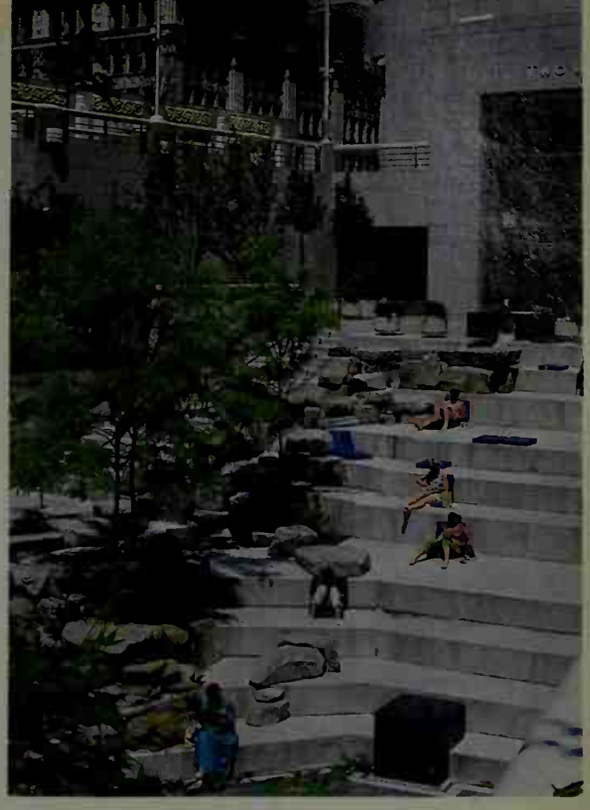
buildings over 35 stories are visible, givi downtown a Little Manhattan look. E the streets convey none of the dark cany feeling of San Francisco or New Yo Buildings offer places to sit, artworks display, and beautifully planted spaces

Downtown stretches about 1¼ miles fr Pike Place Market and the Conventi Center south to the International Distri I-5 borders it on the east, Elliott Bay the west. North-south (numbered) stre are quite level, east-west (named) o steep—useful to know if you're walki If you mix walking with some innovat public transportation, you can sc through town with surprising speed.



GLENN CHRISTIANSEN

Almost a museum, north-end second-floor lobby of PacificFirst Centre has large collection of Northwest art glass (also big, soft chairs and sofas), all for public



Inner court of Two Union Square is an urban mountainside secret from the street

everal transportation systems link up to ake it simple to get around. Use stops as ases for further exploring.

uses. The $470-million Transit Tunnel, pened last year, is an excellent way to ove quickly. Free trolley buses depart om five art-filled stations about every 5 inutes between 5 A.M. and 7 P.M. weekays, 10 and 6 Saturdays.

urface buses also run north and south, ost on Second, Third, and Fourth aveues. They're free between Blanchard treet (south of Seattle Center) and S. ackson Street (in Pioneer Square).

Vaterfront Trolley. Trolleys resembling nes that ran in Seattle around the turn of he century were brought from Melourne, Australia, and refurbished in 1982; they go from just south of Seattle Center to International District Station.

Monorail. Built for the 1962 World's Fair, it continues to be a speedy link (2 minutes) between downtown and Seattle Center (Space Needle, theaters, museums). Riding three stories high, you get a different perspective on the city. Trains run from downtown's Westlake Center (third floor, east side) about every 10 minutes between 9 and 9 Sundays through Thursdays, to midnight Fridays and Saturdays. Cost is 60 cents each way.

Convention Place, Westlake stations: explore the northern parts of downtown

Convention Place Station is across from the landmark 1929 Paramount Theater and a block north of the Washington State Convention and Trade Center, which connects to Freeway Park.

The more than 7 acres that make up the park and the convention center are built over Interstate 5. They're striking as you stroll them, amazing if you look down on the roaring freeway. The park muffles the sounds of traffic from downtown; it also provides pedestrian routes across the freeway. Plantings are profuse, and the waterfalls, sculpture, seating areas, and grass make the park a delightful place for a picnic with food picked up at Pike Place Market (see page 56) or a take-out restaurant.

PacificFirst Centre, 1420 Fifth Avenue (1 on map, opposite). This gleaming postmodern tower, opened in 1990, contains 25 stores (from Barneys New York to The Pottery Barn) found nowhere else in the city; they bring people to shop on three art-filled, plant-bedecked floors for high-style goods.

At the second level is a spacious lounge spotted with beautiful examples of Pilchuck and other art glass. A large display window along one side is filled with the fanciful work of world-renowned Northwest glass artist Dale Chihuly.

Through the windows facing Pike Street, you'll see the lavish terra-cotta façade of the Coliseum theater. Built in 1916 and now dark, it was America's first (and the world's second) exclusively motion picture theater.

Across Sixth Avenue from PacificFirst Centre, the Sheraton Hotel lobby and restaurant also display Chihuly glass.

One Union Square, 600 University Street; ***Two Union Square,*** 601 Union Street (2 on map). The plazas, flower displays, and

Framed by the city, *views like this (down Pike Street to Elliott Bay) make tourists and locals stop in their tracks*

Smiling vendor *is typical of Pike Place Market, where fresh, top-quality produce is matched with personal service*

Northwest gardens (complete with granite boulders and waterfalls) that connect and surround these buildings and lead on up into Freeway Park are great places to settle in for a brown bag lunch, a cappuccino, or even breakfast. Set apart from the street, these are surprising oases in the urban scene. Plantings mix evergreen and deciduous shrubs with annuals and perennials typical of what's becoming known as the Northwest gardening style.

Westlake Mall. Three local department stores anchor the retail core that fans out from the mall (completed in 1988), just south of the Westlake transit station. Lots of places to sit, beautiful flowers, and a waterfall make it its own destination. Mimes, jugglers, and steel bands dot the paving in fair weather. Under the mall, the station's tile paintings of stylish men and women and streamlined Seattle ferries evoke expressionist Germany in the late 1920s. The station concourse connects the Bon Marché, Nordstrom, and Frederick & Nelson.

Pike Place Market. Opened in 1907, it's still a working market, with 600 businesses covering 7 acres. But it's best to be there in the morning; by afternoon the tourists take over.

The first truck snorts through the fog about 4 A.M.; by 7 the vendors are scrubbing the stalls and a few restaurants are open for breakfast. Business folk are reading papers, having coffee, and listening to the sounds. By 10 the market is buzzing.

By 11:30 you should have lunch asse
bled and be heading to the park on t
market's north end or to Waterfront Pa

At market restaurants facing Elliott B
(listed on page 64), you can order fre
pastries, seasonal fruits, breakfast so
flés, homemade sausage, and good coff

Businesses must be owner-operated a
meet Market Historical Commissi
standards. Daily-rented stalls must s
products produced or grown by the ren
(look for unusual potatoes, pickling c
cumbers, and eastern Washington ap
cots, nectarines, and peaches). Wind yo
way from DeLaurenti's (where the Itali
community shops), past the MarketSp
shop (go inside for the aroma alone) a
the fish stalls (look for Cookie Coh

GLENN CHRISTIANSEN

his baseball cap and ask to see a geo-ck—pronounced *gooey-duck*), on to attle Garden Center and Made in ashington (regionally produced items).

niversity Street Station: the Financial d Cornerstone districts, waterfront

ainier Square, 1333 Fifth Avenue (3 on ap). This building, designed by Minoru masaki and opened in 1977, appears to eter on a 12-story pedestal that swoops from a pencil point at ground level. In e adjoining low-rise buildings to the rth, three levels surround an atrium. ere you can enjoy a French meal at repe de Paris, or stop for luggage, books, flowers.

ou can also cover two blocks under-ground (especially appealing if it's raining). Follow the pedestrian tunnel east past photographs of old Seattle. Up a long escalator, you're at One Union Square.

Seattle Tower, 1218 Third Avenue (4). For 40 years, this 1929 moderne skyscraper was the city's midtown exclamation point. Go into the opulent lobby during business hours. The dark marble with gilt plaster and opalescent light fixtures make a strong artistic statement.

Washington Mutual Tower, 1201 Third Avenue (5). This 55-story postmodern building links Second and Third avenues for the walker. You pass through a handsome garden with sculpture. The lobby is a granite, marble, and wood art deco revival. Note how the 1891 brick Brooklyn Building on the block's northwest corner was integrated into the design of the huge new building.

1001 Fourth Avenue Plaza Building (6). This was Seattle's first modern skyscraper, built in 1969. A simple, 42-story black glass building, it was nicknamed "the box the Space Needle came in," a joke lost in today's forest of high-rises. Like most other office towers, it has cooky stores, flower shops, and an espresso bar. On its Fifth Avenue side, you'll see a large Henry Moore sculpture.

First Interstate Center, 999 Third Avenue (7). Here's a good way to avoid the steep slope between Second and Third avenues between Madison and Marion streets. From the Third Avenue lobby of this block-square building, you can take the glass-covered, rainproof escalator or stairs past public art and rich plantings (including Japanese maples, Southern magnolias, and New Zealand flax). You end up on Second Avenue.

Cornerstone District. It extends from First Avenue at Spring Street south to Pioneer Square and west to the waterfront. Restaurants, home furnishing stores, and Asian antiquities galleries are spotted through this old warehouse and

Seattle's heart and soul is still a *working* market

Market's corner newsstand is great stop for international papers, uncommon magazines

Seattle is a city of views, new and old skyscrapers

industrial section that was reclaimed in 1982. The small, European-style Alexis Hotel is at First Avenue between Spring and Madison Streets.

Seattle Art Museum. Designed by Robert Venturi, the new museum, on University Street between First and Second avenues, is due to open in December. Near the top, note the letters incised in the stone; on the south side, bright-colored terra-cotta tile decorates the varied window arches.

Pioneer Square Station: historic area, south waterfront, ferry terminal

Seafirst Fifth Avenue Plaza, 800 Fifth Avenue (8); ***AT&T Gateway Tower,*** 700 Fifth Avenue (9). These buildings across Columbia Street from each other both have plaza space, art, and gardens. A pedestrian tunnel links them to Columbia Seafirst Center, across Fifth.

In Smith Tower lobby, *romanticized chief with feather headdress gleams in gold*

Tillicum Place statue *in bronze stands out against icon of the 1960s. Life-size chief has stood here since 1912*

Convention center sculpture *has chief in center, profile of George Washington spinning in wind around him*

He's everywhere. Who is he?

The city's patron saint—now commonly referred to as Chief Seattle—Chief Sealth was the gentle and wise leader of the Suquamish people who inhabited the land when settlers arrived in the 1850s.

His image is found throughout the city in building embellishments, sculptures, and on utilitarian objects. The truest likeness is at Tillicum Place, at Fifth Avenue, Cedar Street, and Denny Way. Another favorite is in front of Pioneer Square's totem pole.

Artists often incorrectly depict the chief in opulently feathered Plains Indian headdress. For the most flagrant of these interpretations, note the huge glazed terra-cotta heads high on the Cobb Building, at Fifth Avenue and University Street. You'll also see the chief's image in many manhole covers.

GLENN CHRISTIANSEN

Sparkling city, setting sun over t

Columbia Seafirst Center, 701 Fifth A enue (10). This 940-foot, 76-story buil ing, opened in 1985, functions like a sm town. Three levels of shops serve t building's 4,000 occupants (and hung tourists), offering lots of inexpensive fa food from pizza to sushi; atriums ha cafe seating. You can also get a shoeshi or a quick fix on a broken heel. The sho and the building's observation deck a open 8:30 to 4:30 weekdays. Buy observ tion tickets ($3.50 adults, $1.75 senic and ages 12 and under) inside the Fi Avenue entrance.

Pioneer Square. The city of Seattle beg in 1851 on Alki Point in what is now W Seattle, but a year later the settleme moved here, and by 1890 Seattle had population of 42,837. The city receive

pics are reasons enough for reservations at one of many restaurants with a view (here, Madison Hotel's Prego). Bonus is good food

ot in the arm with the Klondike Gold ush and another one earlier by the re-ilding after the Great Fire of 1889, nich destroyed 30 blocks and caused ore than $10 million in damage. Many Pioneer Square's richly ornamented ick buildings date from that time.

oneer Square--bounded by Cherry, S. ng Street, Second Avenue S., and the terfront—is worth half a day to stroll. ok at its dozens of historic buildings; op for antiques and avant-garde fur-shings, and visit some of the more than art galleries (Edward Curtis to con-mporary Northwest art). Pick up a free py of the *Visitor's Guide and Direc-ry*—most businesses have a stack. It has excellent map and lists galleries, res-urants, and shops. On the first Thurs-day of every month, galleries stay open in the evenings and serve refreshments.

Start your tour at Smith Tower, 503 Second Avenue, next to the transit station. When the 502-foot tower was built in 1914, it was the world's tallest building outside New York City. Clad in glazed terra-cotta, it was little more than a standard 21-story building, with another 21 stories appended in a rocket-like spire. Inside the quaintly elaborate lobby, buy a ticket to the observation deck ($2 adults, $1 ages under 12 and seniors), open 10 to 10 daily. The 360° view is equaled only by the one from the Space Needle.

For a break from the street scene, walk into the tiny but beautifully put together Waterfall Garden at S. Main Street and Second Avenue S. Picnic at tables next to water cascading over boulders and among plantings assembled for year-round interest. Hours are 10 to 6 daily.

For a glimpse of the Klondike era, stop in at Merchant's Cafe, 109 Yesler Way, or J & M Cafe, 201 First Avenue S. Both open by 11:30 A.M., serving simple food in an atmosphere that has remained unchanged for a century.

Underground Seattle, visited on 1½-hour tours, was ground level in the 19th century. Because the city was so close to sea level, mud and backed-up sewage were constant problems; streets were impassible, so they were elevated to the second story on wood, brick, or stone trestles. In time, the ground-level spaces became economic albatrosses. So the streets were filled in to the second story. You can visit

***Underground Tour guide** briefs patrons in Pioneer Square before descending into the labyrinth of the city's notorious 19th-century depths. Powerful Tlingit totem pole was first put in place in 1890. Site marks city's first permanent settlement*

***Jolly and helpful,** Seattle police in period uniforms walk the beat in Pioneer Square*

this netherworld between 10 and 5 weekdays, 11 and 6 weekends. Tours muster at Doc Maynard's Public House, 610 First Avenue. Reservations are recommended; call (206) 682-4646.

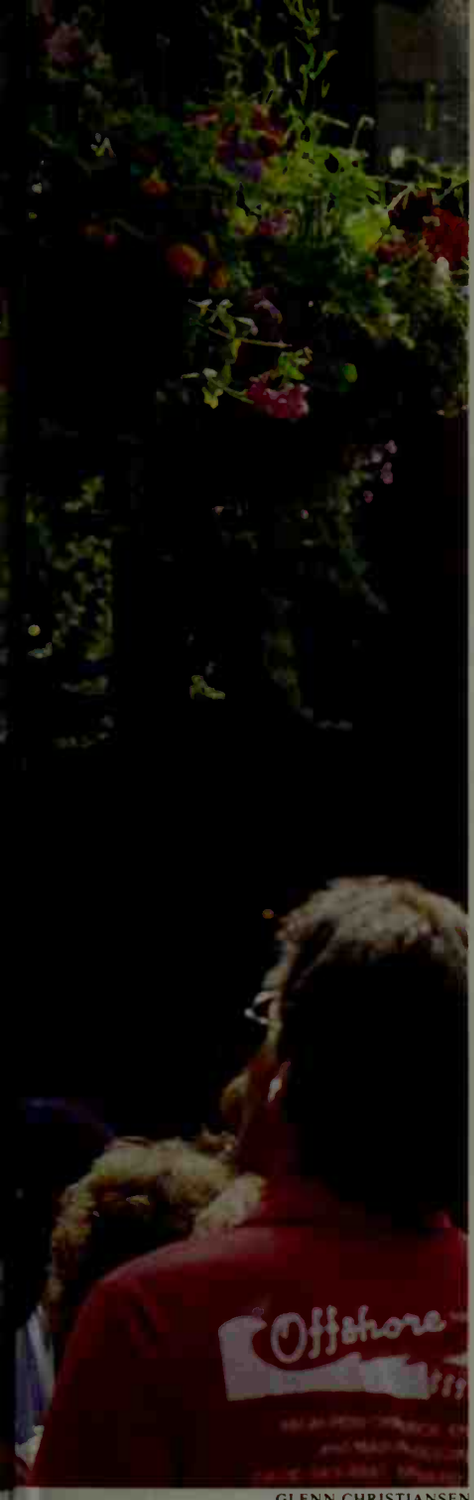
International District Station: bean sprouts to baseball

Compared with the large, thriving Asian neighborhoods of other cities on the coast, Seattle's International District is small—1,796 residents, 300 businesses. Nevertheless, numerous shops and many small restaurants serve Chinese, Japanese, Korean, and Southeast Asian food.

No single store in other Western c can compare to the bustling food variety store Uwajimaya, at Sixth Av S. and S. King Street, open 9 to 8 d This family-owned business offers amazing array of groceries, Asian foo carry out or eat at small tables, gift it books, ikebana and bonsai supplies, cl ing, and linens.

Just southwest of the station, the K dome looms like a great docked fl saucer. The 65,000-seat stadium is h to the Mariners Baseball Club and Seahawks football team. For detail games and other events, call 296-366

A 45-minute tour takes you into the s um, onto the field, and into a locker r



GLENN CHRISTIANSEN

u'll pick up astounding facts—the ucture has 52,800 cubic yards of ured concrete, 443 tons of structural el, a 7-acre self-supporting concrete f that is the world's largest. Events rmitting, tours are given daily except ndays at 11, 1, and 3. They leave from te D; cost is $3 adults, $1.50 seniors d ages 12 and under.

e Waterfront—next to e harbor and into the crowds

warm weather, the Seattle Waterfront a carnival—noisy, crowded, and filled th places to buy Hong Kong–made T-irts and replicas of the Space Needle.

reach the Waterfront from Pike Place arket, walk down the Pike Street Hill-climb and under the Alaskan Way viaduct, right to Waterfront Park. The Hillclimb has some interesting shops, among them Nido, a home furnishings store that carries locally made peeled fir furniture.

Waterfront Park, Seattle Aquarium. Here, between Piers 57 and 61, is the place to escape the crowds (people seem to pass right by). Seek out the bronze sculpture of Christopher Columbus erected by Seattle's Italian community. Go to pier's edge and watch the boat traffic on Puget Sound and look across to Bainbridge Island and the Kitsap and Olympic peninsulas.

For take-out lunch, try one of the numerous fast seafood places along the Waterfront. Ivar's Acres of Clams is a venerable Seattle landmark on Pier 54.

The aquarium has some interesting regional specialties. Watch otters and two species of seals frolic in big tanks. Touch tanks give children a chance to handle a live starfish or pick up a perfectly ugly invertebrate called a sea cucumber. Inside, you can sit in a domed space under the Sound and watch indigenous fish and octopuses move about. Hours are 10 to 5 daily; $5.75 adults, $3.50 seniors and ages 13 through 17, $2.50 ages 6 through 12. For details, call 386-4320.

Ferry to Winslow. Washington State Ferries crisscross Puget Sound. The Winslow run is worth taking for sightseeing alone. You'll get an unobstructed view of the Seattle skyline, the downtown and industrial waterfronts, and—on a clear day—Mount Rainier, the Cascades, and Olympics. You can walk onto the ferry and make a round-trip crossing on the Sound (about 1½ hours; $3.30) without getting off, or explore Winslow's antiques shops and come back on a later boat.

Boats leave from Coleman Dock on Pier 52, at the foot of Marion Street. The ticket window and passenger loading are on the second floor of the ferry terminal. For schedules, call 464-6400; in Washington outside Seattle, call (800) 542-7052.

Harbor tours. A good and informative look at downtown Seattle from the water is available on Seattle Harbor Tours' 1-hour cruise. The trip makes a complete loop around Elliott Bay. You'll get a close-up look at the enormous gantry cranes loading and unloading container ships, then putt past the shipbuilding and repair yard, and the grain terminals.

Boats depart from Pier 55; buy tickets ($8.50 adults, $7.50 seniors, $6 ages 13 through 17, $4 ages 5 through 12) at the dock. For details on departure times and on other tours, call 623-1445.

Planning a trip

Downtown hotels and motels include about 7,600 rooms. They've been known to sell out, so it's wise to book in advance. The Seattle–King County Convention and Visitors Bureau can send lodging and

The Klondike Gold Rush lives on in Pioneer Square

Tile-roofed, *vermilion-columned pavilion at center of International District is favorite rest stop for residents*

Clang, clang, clang! *Trolley runs from Waterfront's north end, to Pioneer Square, on to International District*

Assemble a picnic *from regional foods featured at Pike Place Market: smoked salmon, crusty bread, cheeses, apples and berries, wine*

Can you believe *what you read? Neon beacon and hand-lettered exclamation tell what's what at Pike Place*

Discovering Northwest cuisine: favorite restaurants in downtown Seattle

GLENN CHRISTIANSEN

Passing cruiser *is part of ever-changing view for outdoor diners on deck of Pink Door, one of several restaurants in Market District*

visitor guides and a calendar of event write to 520 Pike St., Suite 1300, Seattl 98101, or call 461-5840.

For maps and brochures once you've ar rived, stop at the Visitors Informatio Center on the ground floor of the Wash ington State Convention and Trade Cer ter (enter at Convention Place, off Pik between Seventh and Eighth). Hours ar 8:30 to 5 weekdays, 10 to 4 Saturdays.

Metro Information Hotline gives quic and efficient bus schedules and fares: 55 3000. When you call, have pencil an paper and be ready to tell the operat where you are and where you want to b at what time.

Eating in downtown Seattle—the emerging Northwest cuisine

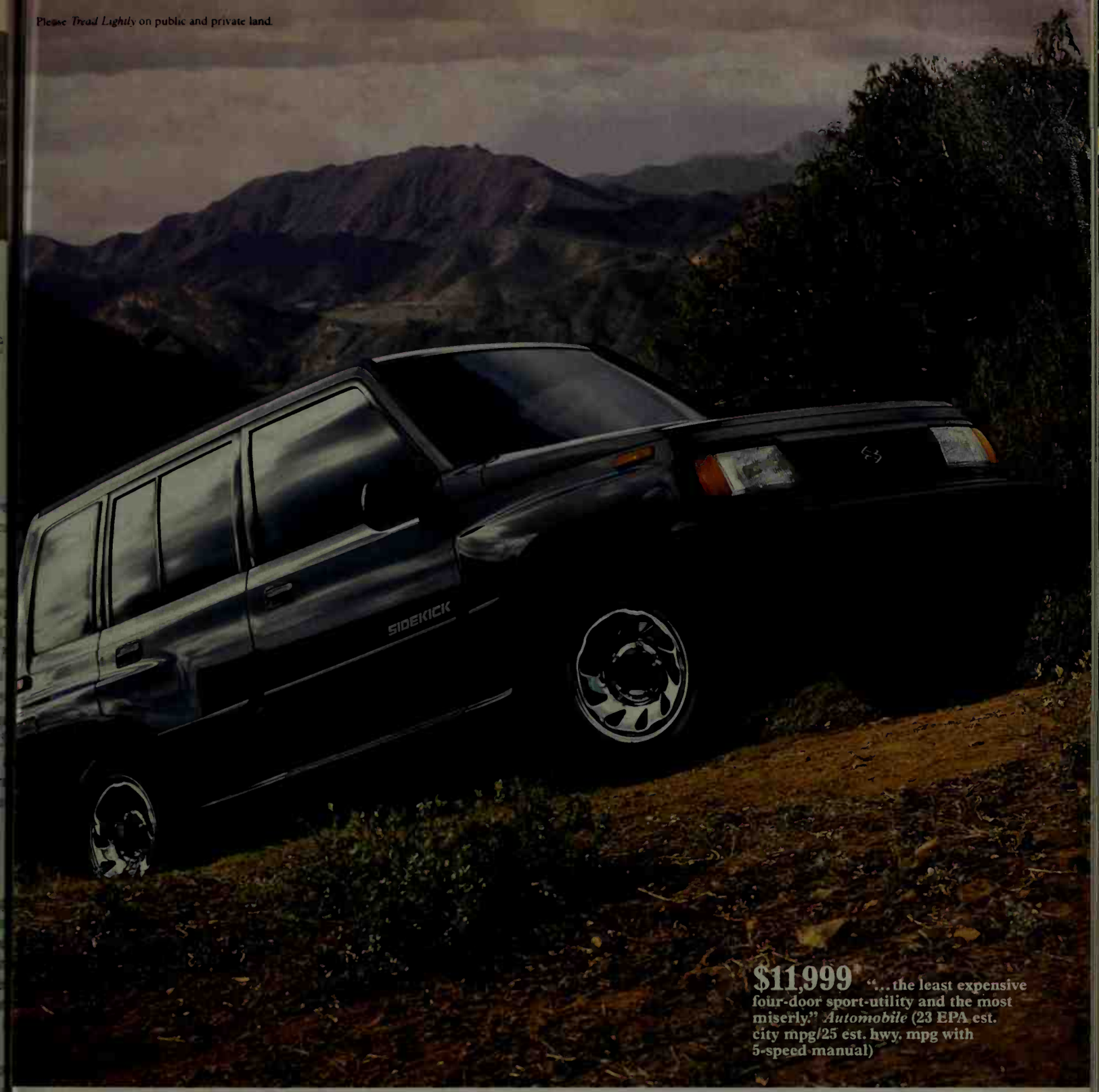
The great cornucopia providing the ingr dients of Northwest cuisine gushes for at Pike Place Market. What you find seasonal, regional, and fresh. Chefs fro many city restaurants shop here. Boxes pears, iced bins of fish, rounds of Nort west cheese, and fresh breads leave th market for their kitchens.

To assemble a picnic like the one show above, buy a string bag at the market an walk through the displays. The fish sta offer smoked delicacies, as well as fre fish, which they'll ice-pack to fly hom Pick up cheeses, wine, bread, and fruit.

Here we disclose our editors' favori downtown restaurants, where you can g a wide assortment of simply prepared fi or creatively done Northwest food, pe haps with an ethnic twist. Menus ta advantage of fresh seafood that com from the cold waters between Oregon an the Bering Sea. This month, look or a for silver salmon from Puget Sound.

Some of the restaurants capitalize on view or are known for a house special Reservations are recommended.

Al Boccalino, 1 Yesler Way; 622-7688. In Pioneer Square. Italian food from local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"Credit you give yourself isn't worth having."

We could tell you how tough the Suzuki 4-door Sidekick® 4x4 is, but we think ***Road & Track*** said it better: "...seemingly indestructible..."

Or we could talk about how much fun it is to drive. Instead, we'd rather you read what the editors of ***AutoWeek*** said: "...corners more like a sports car than a 4x4."

As for off-road driving, ***4WD Sport Utility Magazine*** said: "...will travel in the worst places with the best of them..."

And when it comes to roominess, here's what ***AutoWeek*** said: "...a 6-ft.-2-in. ranger, complete with smokey hat, had headroom to spare."

Automobile summed it up best when it said: "...this little lightweight is a heavyweight contender..."

But we'd like to know what *you* think. So call 1-800-447-4700 for the name of the dealer nearest you. Then test drive a Suzuki.

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GLENN CHRISTIANSEN

Sleek, chic, and most of all delicious, Palomino is typical of a wave of Italian-style bistros that feature local foods; note the art glass lamps

Coffee is ubiquitous served from stands, stalls, espresso bars on wheels—rarely fewer than three options per block

ingredients; try the gnocchi.

Cafe Alexis, 1007 First Avenue (in the Alexis Hotel); 624-4844. Intimate dining room with a fireplace serves a seasonal menu of Northwest foods.

Cafe Sport, 2020 Western Avenue; 443-6000. Small cafe near waterfront with interesting local foods like baked goat cheese with seasonal pears and spicy pan-fried oysters. Excellent for people-watching.

Campagne Restaurant, 86 Pine Street; 728-2800. Overlooks Pike Place Market; dine indoors or in sheltered courtyard. Skillfully prepared "Seattle French" menu.

Crepe de Paris, 1333 Fifth Avenue (in Rainier Square); 623-4111. Savory crêpes and regional seafood; detailed color map of Paris separates dining area and bar.

Cutters Bayhouse, 2001 Western Avenue; 448-4884. Large restaurant with seafood-oriented menu and a waterfront view.

Dahlia Lounge, 1904 Fourth Avenue; 682-4142. Chinese red walls and paper fish lamps are delicious to the eye. Imaginative menu mingles flavors of East and West.

Elliott's, Pier 56; 623-4340. Big fish house with a great waterside deck for ferry-watching. Go for boiled crab, raw oysters, steamed clams.

Fullers, 1400 Sixth Avenue (in the Sheraton Hotel); 447-5544. Enjoy innovative seafood and meat dishes in an elegant setting hung with paintings by contemporary Northwest painters; also, large collection of early Pilchuck glass.

FX McRory's, 419 Occidental Avenue S.; 623-4800. In Pioneer Square; steaks and chops in hearty gold rush atmosphere.

Georgian Room, 411 University Street (in the Olympic Hotel); 621-7889. Pacific Rim cuisine with artful presentation.

Italia, 1010 Western Avenue; 623-1917. Tuscan pizza, pasta, entrées; take the family for lunch.

McCormick's, 722 Fourth Avenue; 682-3900. Fish house steeped in tradition; try the clam chowder.

McCormick & Schmick's, 1103 First Avenue; 623-5500. Watch seafood, meats being prepared in open kitchen.

Metropolitan Grill, 820 Second Avenue; 624-3287. Steakhouse with a bustling "uptown" atmosphere.

Palm Court, 1900 Fifth Avenue (in the Westin Hotel); 728-1000. Try crab cakes, delicious breads, desserts made with Northwest fruits.

Palomino Bistro, on the third level of PacificFirst Centre; 623-1300. Serves excellent seasonal fish from an open kitchen.

Pike Place Market. The *Athenian* (open at 6:30 daily except Sundays; 624-7166) and *Lowell's* (at 7 daily, 8:30 Sundays; 622-2036) serve hearty breakfasts and lunches fit for a logger or fisherman (you'll see plenty of both). On the lower level, *Il Bistro* (93-A Pike; 682-3049) has a friendly bistro atmosphere. At lunch, try *sopa de pesce. Maximilien-in-the-Market* (7:30 weekdays only; 682-7270) serves seasonal soufflés, berry jams, ciders; it's open for dinner, too. Romantic *Place Pigalle* (624-1756) has a seasonal menu; try the Penn Cove mussels and calamari appetizers.

Pink Door, 1919 Post Alley; 443-3241. Try the seafood salad with lemon and herbs; setting recalls an Italian hideaway.

Prego, 515 Madison Street (on top of the Stouffer Madison Hotel); 583-0300. Great views and pasta-seafood combinations.

Reiner's, 1106 Eighth Street; 624-2222. American specialities; bread and rice pudding to die for.

Shuckers, 411 University Street (in the Olympic Hotel); 621-1984. Unparalleled selection of oysters, or try the geoduck stew clubby atmosphere.

Union Square Grill, 621 Union Street; 224-4321. Aged meats, fresh seafood; linear art deco of rich wood, mirrors, black-and-white light fixtures.

Vic & Mick's, 910 Second Avenue; 292-0910. Elegant and understated, with a nice balance of pasta, seafood, broiled meats, and chicken.

Wild Ginger, 1400 Western Avenue; 623-4450. Eclectic menu with Thai influences, served in a contemporary setting.

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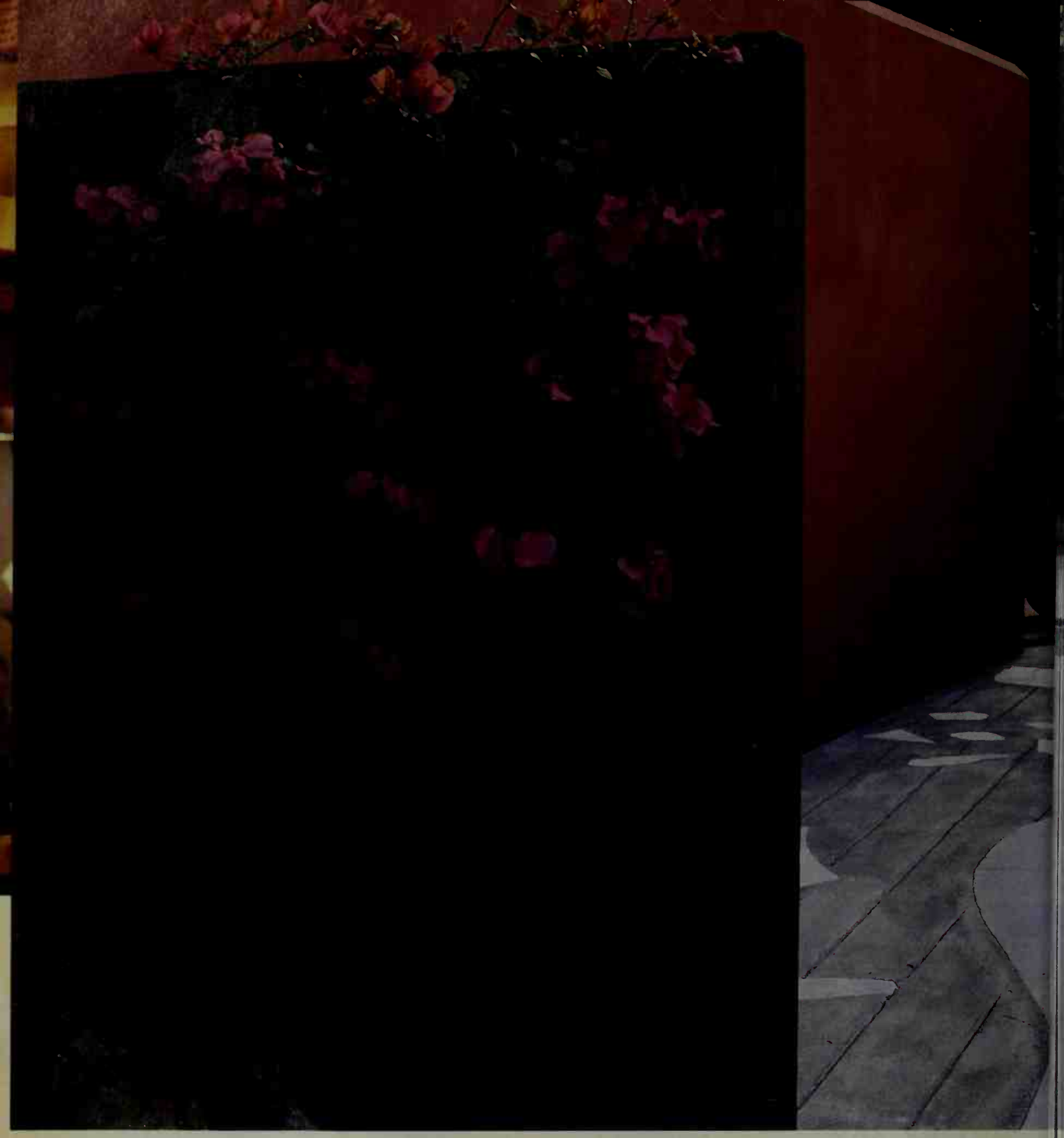
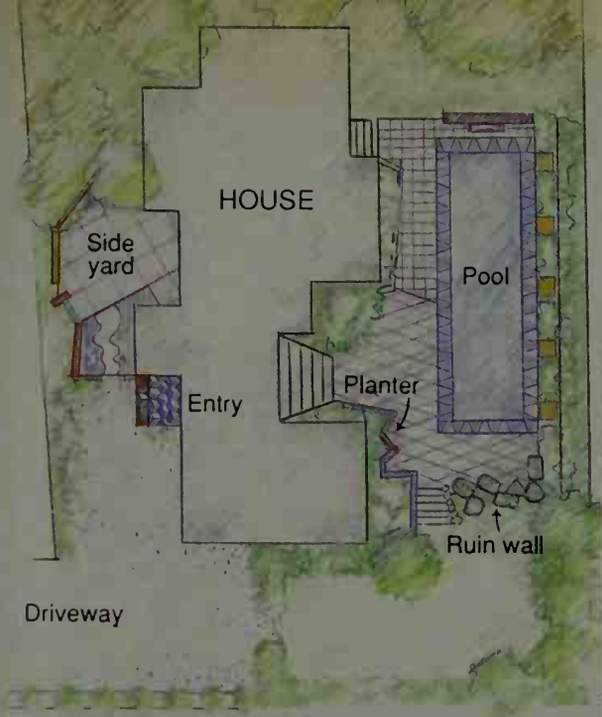


Colorful and unthirsty, thanks mostly to concrete

Concrete walls, walks, patios, and planters provide plenty of color on this irregular, narrow lot

PETER CHRISTIANSEN

***Blue concrete river** meanders through side-yard patio. Terra-cotta– and ocher-colored privacy walls rise inside property line, angling toward house*



***Entry, side, and rear** areas are limited in size. Entry court now separates driveway from front door*

***Glass blocks** brighten tall walls and add an unexpected texture to the garden*

***Diamond-shaped concrete tiles** create cube pattern across entry patio. Blue tiles edge the patio and a small planter by the outside corner*

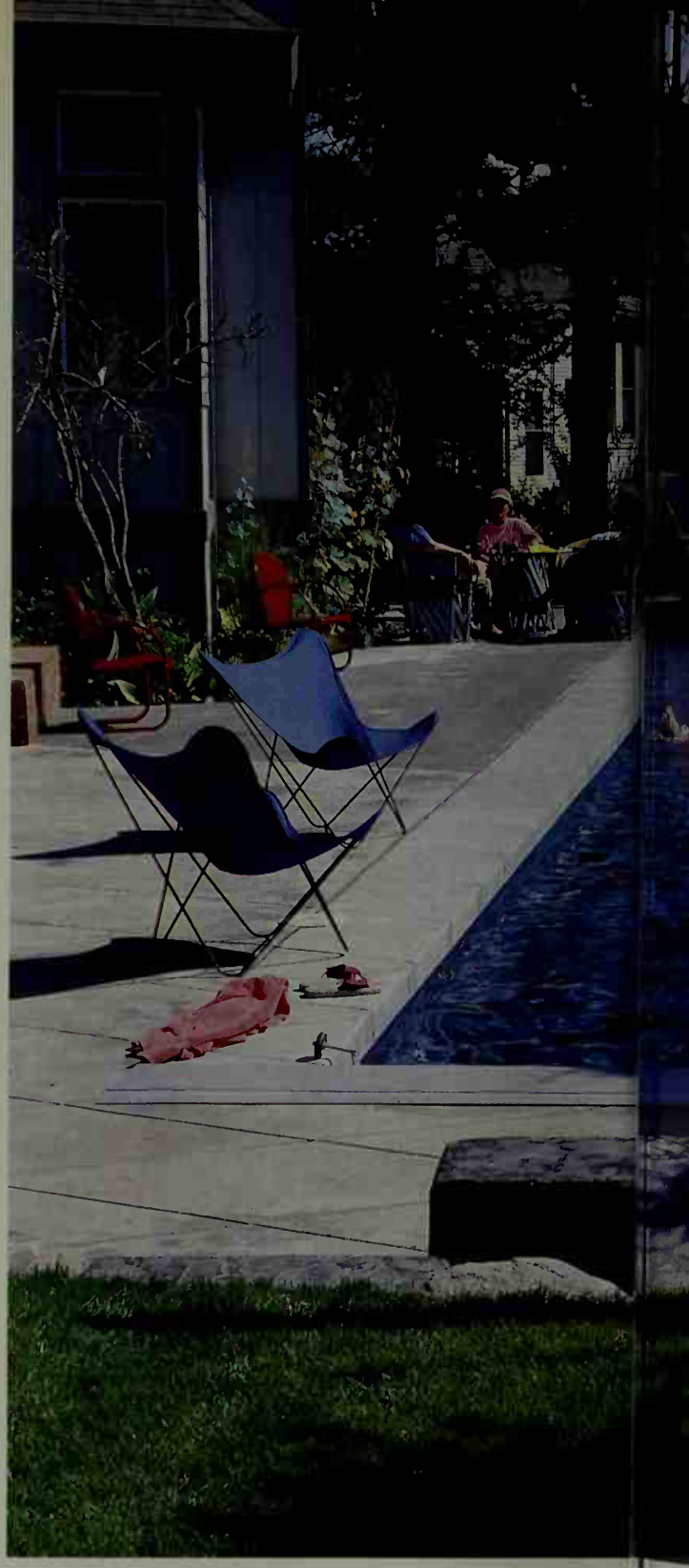
***Like ruins,** mottled blocks spill across the rear garden at the pool's end, functioning as retaining wall, seating, and table*

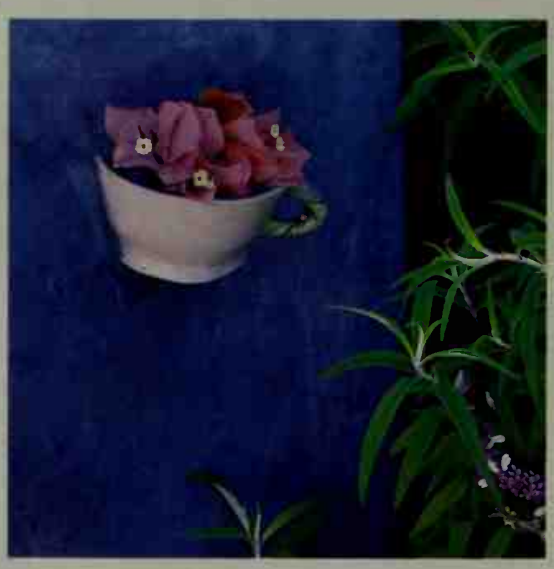
GLENN CHRISTIANSEN

medley of Caribbean colors saturates walkways and patios, privacy walls, aining walls, and planters in this north- California garden. Concrete and stuc- have abandoned their traditional back- ound roles here and usurped the job of wers by filling the landscape with eye-catching hues and distinctive forms. The garden reflects concerns of the drought-conscious 1990s. Flowers and shrubs haven't been forgotten, but they are confined to a few beds and containers. Except for a small lawn, the plants need little water and are easy to maintain.

Three zones, many details

The San Francisco landscape firm Delaney & Cochrane designed the garden around a spec house on a flag lot (see plan above). The house, surrounded by neighbors, offered no privacy; it had a driveway for a front yard. Its wedge-shaped side





Planter masks *foundation, brings drought-tolerant plants up to waist level along poolside patio. Angled sections with different colors and textures add variety. Just for fun, teacups were set into wall (right)*

yard narrows uncomfortably close to the house, and the long rear area provides less than 30 feet between the house and fence. Each area—front, side, and rear—offered a challenge to the designers. The house needed a sense of entry to break up the expanse of concrete that led to the front door. The owner wanted the shaded side yard to become a private sitting area with easy access to the kitchen. And the sunny back yard needed privacy, organization, decks for sunning by the pool, and the softening textures of plants.

The spaces that resulted are architectural, sculptural, and whimsical. Each area has its own character, but the three are linked by similar materials, playful colors, geometric shapes, and practical solutions. Designer Topher Delaney credits the owner, an artist, and craftsman Pedro Castillo with many of the decisions about color and texture.

For permanence and depth on horizontal surfaces like the river in the side-yard patio and the entry, color was mixed into the concrete at the time of the pour; for most of the walls, color was added with plaster or paint.

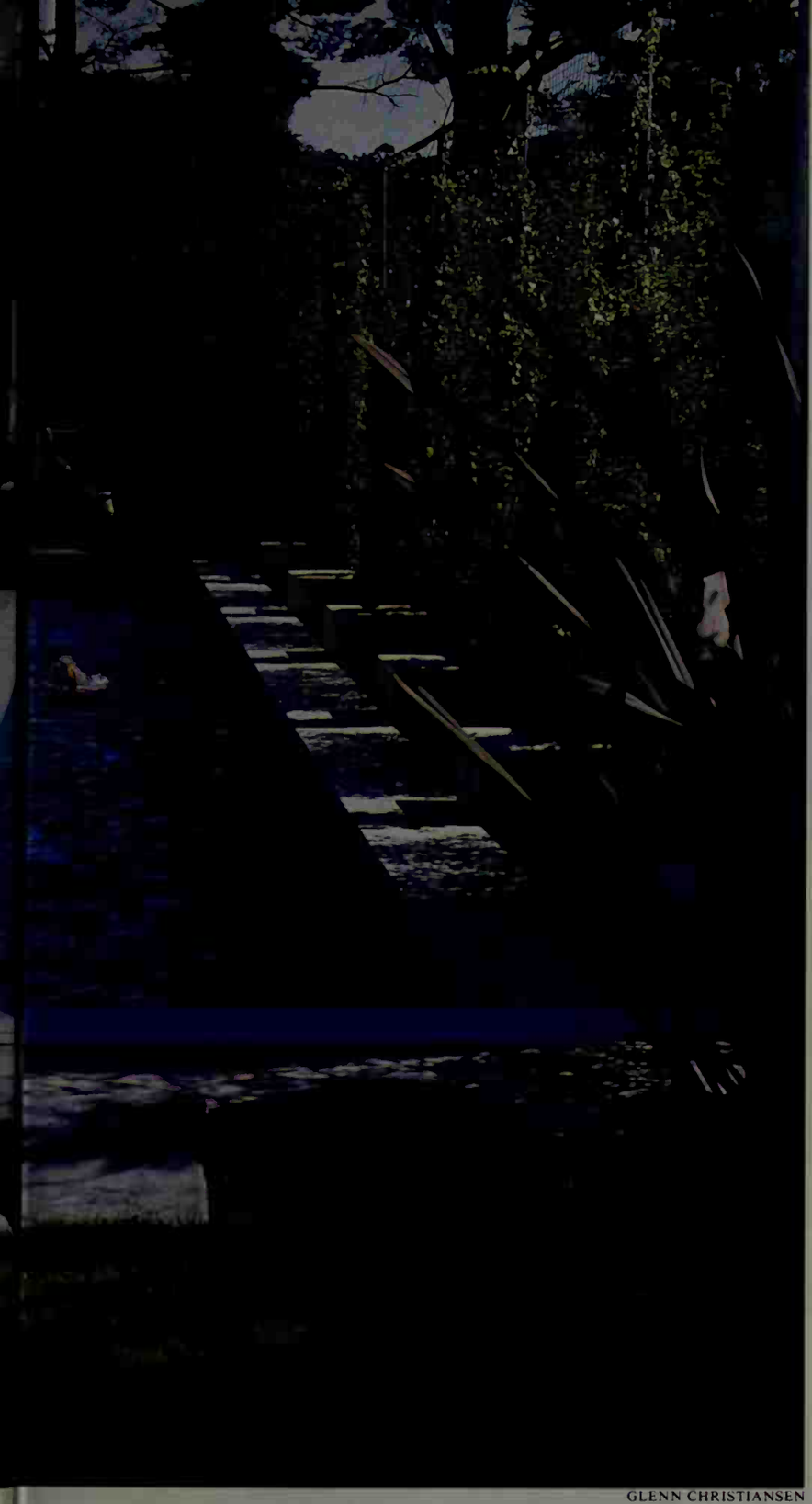
The entry court

Just 13 feet square, the entry patio steps up 4 inches from the driveway and nestles into a corner where a wing projects. Lo rose-colored seating walls (stucco-cover concrete block) define the outside edg and make two openings that chann guests toward the front door.

Diamond-shaped pavers set in a mort bed over the old driveway make up t surface of the patio. The pavers we hand-cast in forms built on the site a laid in a pattern of light, medium, a dark gray that appears almost thre dimensional.

The side yard

While the entry patio is open for all to s a few steps away is the most private a



GLENN CHRISTIANSEN

PETER CHRISTIANSEN

***Band of blue tiles** edges pool beneath trapezoidal concrete coping. Ivy behind plastered cube is trained up wire fence*

***Slender yard** squeezes 60-foot lap pool between tall pipe-rail fence and house. Purple wall at end frames ceramic bench*

yful of the new spaces. This side yard designed to be seen from the kitchen or joyed while seated at a small garden ble at its center.

weathered wooden gate opens into the -foot-long tapering space. Within it, the signers played freely with color, tex- re, and shape. The paved surfaces and astered and painted privacy walls mix her, terra-cotta, red, pink, dark blue, y blue, gray, and celadon.

e paving is full of surprises. Orderly, agonally running grids of hand-packed ncrete squares intersect with a freeform ncrete landscape: a blue river winding st fragmented islands in a gray field. A band of dark blue high-gloss ceramic tiles cuts across the patio, while a row of shiny marbles is inlaid close to the house.

Textures vary unexpectedly. A panel of glass block divides and brightens the two long sections of blank privacy wall. Some areas of concrete are smooth, while others are scored and brushed.

The rear garden

"We treated the rear garden as if we were furnishing a room," says designer Delaney. A few of the rear area's main features, such as the 10- by 60-foot lap pool and a zigzagging retaining wall, were carefully planned, but enriching details such as the teacups embedded in a wall were devised or improvised as the project unfolded.

Because of the site's slope, the house sits high above the rear yard. To mask some of its tall foundation wall, a 36-inch-tall planter formed by a zigzagging wall of colored plaster stucco steps across the highest end of the building. Some sections of the planter are colored lavender, others shift to rose dotted with blues. The raised planter holds drought-tolerant perennials such as Russian sage (*Perovskia atriplicifolia*) and *Geranium sanguineum,* ornamental grasses, bulbs, and succulents.

Muted colors mark the concrete around the pool's edge. Terra-cotta grout lines handmade trapezoids of faded blue and purple concrete. At one end of the pool, a dappled gray retaining wall looks intentionally like a ruin.

Not all the innovation is colored concrete. Rising near the side of the pool closest to a two-story neighboring house is a tall fence framed with galvanized pipe and 2- by 4-inch wire screen. In less than a year, the fence has been almost covered with Lady Banks' roses and variegated ivy. The ivy has been trained into columns that rise behind symbolic plinths—square bases colored with warm-toned plaster. The fence was designed to give maximum privacy and a green façade to both houses, to take up little space in the cramped yard, and to be easy to build. □

***Colorful table** of simply seasoned foods needs very little preparation. Make a meal from garbanzo-sesame dip; marinated shrimp; sardines and radishes; crisp vegetables and bowl of flavored fava beans; bread; herbed feta cheese; assorted olives; and a plate of marinated artichokes, pickled vegetables, and stuffed grape leaves*

Just 2 hours from grocery bags to the table

Aegean appetizers alfresco

eneath a brilliant sky, you're nibbling egean appetizers while sipping iced ouzo wine. Sound like a scene from an exotic cation? In a way this Greek appetizer eal, or *meze,* is a cook's holiday. To eate this garden party for 12, combine urchased foods with others that require ttle more than a splash of olive oil, some mon juice, and a few herbs. A real plus: reparation takes only 2 hours, from gro- ry bags to the table.

Buy-and-serve meze for 12

Hummus Crusty Bread
Favas with Herbs Aegean Cheese
Marinated Shrimp Radishes and Sardines
Raw Vegetable Tray Olives
Pickled Vegetables Stuffed Grape Leaves
Halvah Honey and Nut Pastries
Melon and Grapes Sparkling Water
Dry Sauvignon Blanc or Retsina Ouzo

Delicatessens and international markets ell canned fava beans, halvah (a sesame eed candy sold canned or in bulk), and oney-soaked nut pastries such as baklava nd burma. Suggested alternatives are in upermarkets. Buy anise-flavor ouzo (to our over ice or mix with water) and etsina wines from a wine merchant.

Foods to buy and serve: About ¾ pound anned **stuffed grape leaves** (called dol- mathes, dolmades, or dolmas); ¾ pound otal **assorted olives** (calamata, dry salt- ured, niçoise, California ripe); 1 pound **giardiniera** (pickled vegetables); and ¾ ound **marinated artichokes.** Drain foods efore serving.

Also buy about 2½ pounds total of **crusty read** and **pocket bread,** 1 to 1½ pounds **astries** or butter cookies, 1 large (about ½ lb.) **cantaloupe,** and 1 pound **grapes.**

Hummus

- 2 cloves garlic
- 2 cans (15 oz. each) low-salt or regular garbanzos, drained
- ⅓ cup tahini (sesame seed paste)
- ⅓ cup lemon juice
- ½ cup water
- 3 tablespoons olive oil
- ¼ teaspoon cayenne
- Salt

Drop garlic into a blender or food proces- or with motor running; whirl to mince. Add garbanzos, tahini, lemon juice, water, 2 tablespoons oil, and cayenne; whirl smooth. Scrape into a bowl; drizzle with remaining oil. Serve; or chill airtight up to 1 day, then bring to room temperature. Add salt to taste. Makes about 3 cups.

Per tablespoon: 33 cal.; 1.1 g protein; 1.9 g fat (0.2 g sat.); 3.3 g carbo.; 35 mg sodium; 0 mg chol.

Favas with Herbs

- 2 cans (about 27 oz. each) fava beans, or 3 cans (15 oz. each) butter beans, drained
- ⅓ cup minced red onion
- ¼ cup coarsely chopped fresh or 1½ tablespoons dry oregano leaves
- 2 tablespoons olive oil
- ¼ cup red wine vinegar
- Salt and pepper

In a bowl, mix beans, onion, oregano, olive oil, vinegar, and salt and pepper to taste. Serve; or chill airtight up to 1 day, then bring to room temperature. Makes about 4⅔ cups, 12 servings.

Per ⅓ cup: 98 cal.; 6 g protein; 2.2 g fat (0.3 g sat.); 14 g carbo.; 495 mg sodium; 0 mg chol.

Aegean Cheese

Other regional cheeses to consider are halloumi, kasseri, manouri, or mizithra.

- 1 large clove garlic, minced
- 3 tablespoons olive oil
- 1 tablespoon fresh or 1 teaspoon dry thyme leaves
- 1½ pounds feta cheese (from sheep's milk, if available), drained if in brine, and broken into chunks

In a bowl, mix garlic, olive oil, and thyme. Add cheese and mix gently. Serve; or chill airtight up to 1 day, then bring to room temperature. Serves 12.

Per serving: 180 cal.; 8 g protein; 15 g fat (8.9 g sat.); 2.5 g carbo.; 633 mg sodium; 51 mg chol.

Marinated Shrimp

- 1½ pounds large (31 to 35 per lb.), shelled, cooked shrimp
- 3 tablespoons olive oil
- 3 tablespoons lemon juice
- 3 tablespoons chopped fresh dill or 1 tablespoon dry dill weed
- 3 tablespoons chopped fresh or 1½ tablespoons crumbled dry mint leaves
- ¾ teaspoon coarse-grind or cracked pepper
- Fresh dill sprigs (optional)

In a bowl, mix shrimp, oil, lemon juice, chopped dill, mint, and pepper. Chill airtight at least 30 minutes or up to 1 day. Transfer to a platter and garnish with dill sprigs. Serves 12.

Per serving: 88 cal.; 12 g protein; 4 g fat (0.6 g sat.); 0.5 g carbo.; 128 mg sodium; 111 mg chol.

Alfresco dessert includes summer fruit and tray of pastries and halvah (sesame candy)

Radishes and Sardines

- 3 cans (about 4 oz. each) brisling sardines, drained
- 2 or 3 thin onion slices, separated into rings
- 12 red radishes, each with a few unbruised leaves, rinsed and crisped
- 2 tablespoons red wine vinegar

Arrange sardines, onion, and radishes in a dish; sprinkle with vinegar. Serve, or chill airtight up to 1 day. Serves 12.

Per serving: 54 cal.; 6.1 g protein; 2.8 g fat (0.4 g sat.); 0.5 g carbo.; 126 mg sodium; 35 mg chol.

Raw Vegetable Tray

- 1¾ pounds romaine lettuce, cut through the core into 12 wedges
- About 1 pound red radishes, each with a few unbruised leaves
- 1 pound red or yellow cherry tomatoes, or a combination
- 1 medium-size (about 10 oz.) cucumber, cut into 12 wedges

Rinse and crisp lettuce and radishes. On a platter, arrange the lettuce, radishes, tomatoes, and cucumber. Serve, or chill airtight up to 1 day. Serves 12.

Per serving: 27 cal.; 1.7 g protein; 0.4 g fat (0 g sat.); 5.1 g carbo.; 17 mg sodium; 0 mg chol. □

Collage of square windows *punctuates fireplace wall, edits views. Room occupies same space as former separate garage but now connects to house (left)*

PETER O. WHITELEY

Bookcase wall *with desk in center has 5-foot-long recesses. Counter is acid-etched copper paint over particle board and wood*

It's their "do-everything" room

This 18- by 30-foot addition connects to the main house with a new hall

"It's a do-everything room," say the owners of an 18- by 30-foot addition that serves as a home office, guest room, library, family room, workshop, storage shed, and occasional indoor basketball court. Although the room plays many different roles, they're not apparent at first glance. What does catch the eye is the room's spaciousness, built-in features, sense of privacy from the neighbors, and balanced daylight.

Space and budget limitations were major factors in determining the project's scope. Space was limited by the site—formerly the location of a separate two-car garage. A hall connects the new 13-foot-high room to the rest of the house. (Since covered parking is required, a carport was built in front of the addition.)

A contractor framed and enclosed the structure. To cut costs, the owners did much of the finish work, building the bookcases, counters, cabinets, and carport; installing the wood floor; and painting. Completing the project, including landscaping, took a year and a half.

Light and privacy

Architect Kwan-Lam Wong of Albany, California, devised a plan that gives the room a custom look despite budgetary constraints. Much of that look stems from thoughtful placement of windows.

The windows purposely limit views while allowing daylight to enter the room from both sides. Of six 2-foot-square windows in the fireplace wall, only one is at eye level, and it looks into a stand of young birch trees rather than at a neighboring house. The rest of these east-facing windows force views over the neighbor's roof and into the sky. The lower four windows are fixed; the top two open for venting. Above the closets at the other end of the room are two openable windows that face the street and admit afternoon light.

The room's main view is diagonally across the yard through a 9-foot-wide opening with a sliding glass door. No windows interrupt the bookcase wall; a 2-foot-square skylight, set close to the wall, brightens the area with diffused light.

Generous but unobtrusive storage

Built-in features on three sides of the room reduce the need for furniture. A broad, low coffee table and an L-shaped sectional couch with a pull-out bed are the only freestanding pieces. Half of the room is left open to allow space for setting up a ping-pong table, laying out crafts projects, or playing indoor basketball.

Two 9-foot-wide closets with bifold louvered doors fill the wall that backs up to the carport. One closet stores the ping-pong table, extra chairs, and art and office supplies. The other contains a shop table, tools, a small refrigerator, and a 9-foot-long counter.

The closets' slightly pitched roof angles up to two high windows. Mounted to the roof is a half-size basketball backboard; its rim sits 9½ feet above the wood floor. Only foam basketballs are allowed, and the angled roof rolls missed shots back.

Like the closets, the 16-foot-long bookcase wall was framed into the room and wrapped with wallboard. Its lower section projects 30 inches from the wall, topped by a desk-high counter with cabinets below and 18-inch-deep bookshelves above. In the middle, a blank section of wall masks built-in down lights above an office.

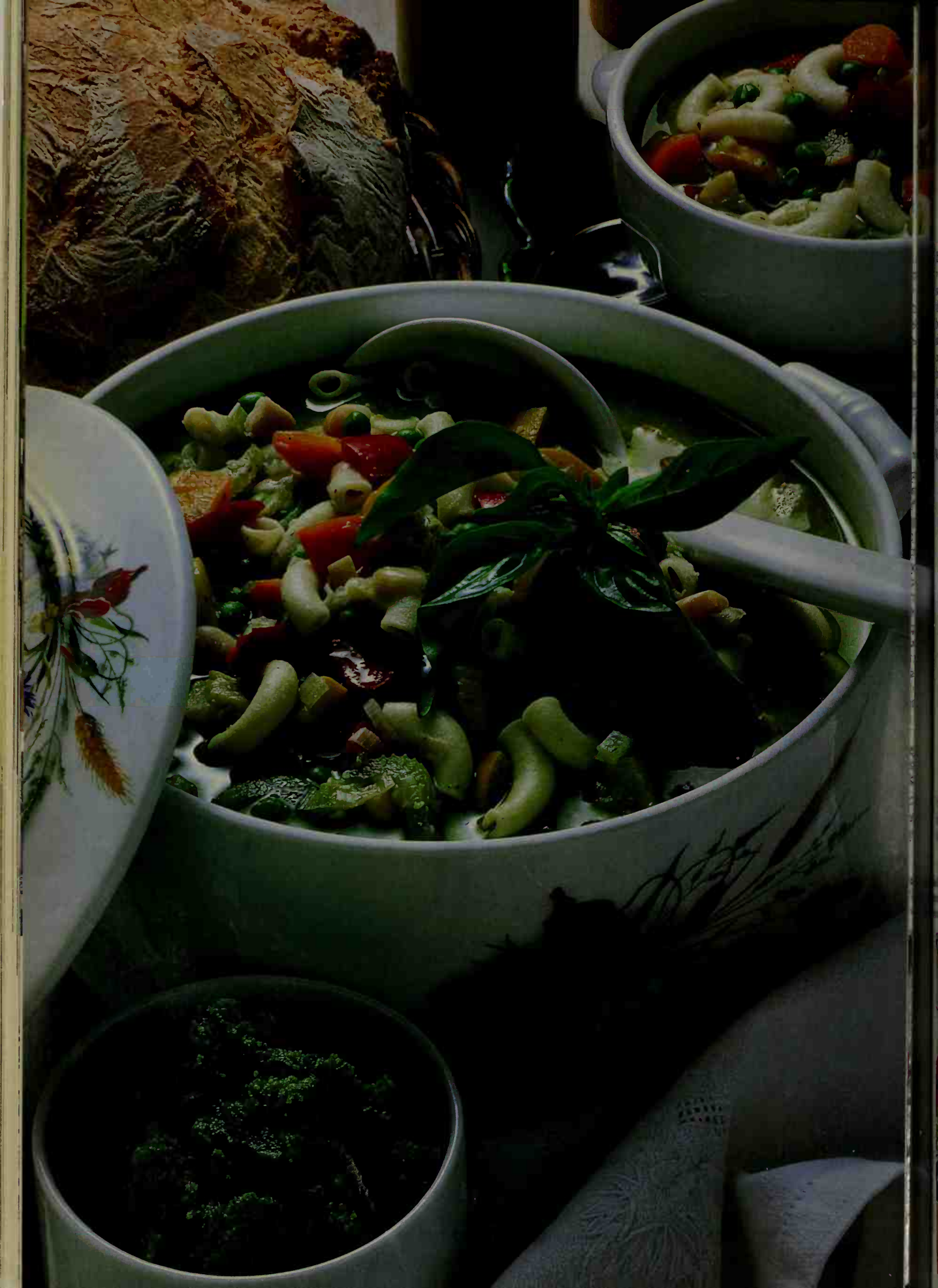
To the right of the bookcase, the counter drops to seating height (15 inches), becoming an L-shaped bench that extends across the fireplace wall. Built-in wood-storage bins flank the fireplace; slate tiles pave the hearth.

Outside, behind the bookcase wall, a 3-foot-deep, 22-foot-long storage compartment rises over 10 feet. Although shallow, it houses more storage and shelving than were found in the old, narrow garage. □

NORMAN A. PLATE

***Side-yard utility area** contains covered potting area and long storage compartment masked by doors salvaged from former garage*

***Buttoned up for basketball** (above), room-wide closets open to reveal storage and workshop center (right). Window above is one of a pair that open for light and air*



Minestrone knows no season

The season is right now for these short-cut versions. They're cool

Italy, minestrone comes in countless variations, which can be eaten cool in the summer and hot in the winter. The base of this popular vegetable soup is usually a bean-thickened broth; these short-cut versions used canned beans to minimize cooking time. For a one-pot meal, add fresh vegetables and pasta, rice, or barley. All these soups taste good hot, cool, and in between. Accompany with a Soave, Gavi, Orvieto, or dry Sauvignon Blanc.

Minestrone Genovese

- 2 large (about 1¼ lb. total) leeks
- 3 quarts regular-strength chicken broth
- 2 large (about ½ lb. total) carrots, peeled and cut into ½-inch chunks
- 3 large stalks (about ½ lb. total) celery, sliced thin
- 2 cans (15 oz. each) cannellini (white kidney beans), drained
- 2 cups (4 oz.) dry elbow macaroni
- 1 pound (about 4 large) yellow crookneck squash or yellow zucchini, ends trimmed, cut into ½-inch chunks
- 1 large (about ½ lb.) red bell pepper, stemmed, seeded, and cut into ½-inch pieces
- 1 package (1 lb.) frozen petite peas
- Pesto (recipe follows)
- Salt and pepper

Trim root ends and green tops off leeks. Split leeks in half lengthwise and rinse thoroughly. Thinly slice leeks crosswise.

Basil pesto flavors an all-vegetable minestrone Genovese (left), while prosciutto and rosemary season chard and green bean version (below)

In an 8- to 10-quart pan, combine leeks, broth, carrots, and celery; bring to a boil. Cover and simmer 10 minutes. Add beans, macaroni, squash, and bell pepper; cover and simmer until macaroni is just tender to bite, about 10 minutes. Add peas; bring to a boil. Stir ½ cup of pesto into soup. Serve hot or cold. (If made ahead, cool, cover, and chill up until next day. Warm to room temperature or reheat.) Offer remaining pesto, salt, and pepper to add to taste. Serves 10 to 12.

Per serving: 220 cal.; 12 g protein; 6.3 g fat (1.6 g sat.); 30 g carbo.; 270 mg sodium; 3.2 mg chol.

Pesto. In a food processor or blender, purée 2 cups (about 2 oz.) lightly packed **fresh basil leaves,** 1 cup **grated parmesan cheese,** ¼ cup **olive oil,** 2 tablespoons **pine nuts** or slivered almonds, and 1 to 2 cloves **garlic.** Add **salt** to taste. If made ahead, cover and chill up until next day. Warm to room temperature to use. Makes 1 cup.

Per tablespoon: 69 cal.; 3.1 g protein; 5.9 g fat (1.7 g sat.); 1.8 g carbo.; 114 mg sodium; 4.8 mg chol.

Minestrone with Chard and Rosemary

- 1 pound (about 5 large) Roma-type tomatoes
- 2 tablespoons olive oil
- 1 large onion, chopped
- 1 clove garlic, minced or pressed
- 2 stalks (about 6 oz. total) celery, diced
- 2 ounces thinly sliced prosciutto or cooked ham, cut into thin shreds
- 3 quarts regular-strength beef broth
- 2 large (about ½ lb. total) carrots, peeled and diced
- 1 tablespoon minced fresh or 1 teaspoon dry rosemary leaves
- ⅔ cup medium-grain white rice
- 1 pound Swiss chard, ends trimmed
- 3 cans (15 oz. each) pinto beans, drained
- ½ pound green beans, ends trimmed, cut into 1-inch lengths
- 1 pound (about 3 large) zucchini, ends trimmed, cut into ¾-inch chunks
- Freshly grated parmesan cheese
- Salt and pepper

In an 8- to 10-quart pan, bring about 1 quart of water to a boil. Drop in tomatoes and cook about 1 minute. Drain tomatoes and peel off skin. Core and chop tomatoes; set aside. Discard water in pan.

In the pan stir oil, onion, garlic, celery, and prosciutto over medium-high heat until onion is limp, about 8 minutes. Add broth, carrots, rosemary, and rice. Bring to a boil; cover and simmer 10 minutes.

Cut Swiss chard crosswise into ¼-inch strips. Mash 1 can pinto beans. Add mashed and whole pinto beans, green beans, tomato, and zucchini to pan. Cover and simmer 5 minutes longer. Stir in chard; simmer, uncovered, until zucchini is tender to bite, 5 to 10 minutes longer. Serve hot or cool. (If made ahead, cool, cover, and chill up until next day; warm to room temperature or reheat.) Offer parmesan cheese, salt, and pepper to add to taste. Serves 10 to 12.

Per serving: 175 cal.; 8.9 g protein; 3.5 g fat (0.5 g sat.); 28 g carbo.; 347 mg sodium; 2.8 mg chol.

Minestrone with Escarole

- 2 ounces pancetta or bacon, chopped
- 1 tablespoon olive oil
- 2 cloves garlic, pressed or minced
- 1 large (about ½ lb.) onion, chopped
- 2 quarts regular-strength chicken broth
- ½ pound (about 1 large) russet potato, peeled, and diced
- ¾ cup pearl barley, sorted of debris and rinsed
- 2 tablespoons chopped fresh or 1 tablespoon dry mint leaves
- ½ teaspoon dry oregano leaves
- ¼ to ½ teaspoon crushed dry hot red chilies
- 2 cans (15 oz. each) garbanzos, drained
- 1½ pounds (about 8 large) Roma-type tomatoes, cored and diced
- 1 pound escarole, ends trimmed, rinsed and cut into 3-inch slivers
- Freshly grated parmesan cheese
- Salt and pepper

In a 5- to 6-quart pan over medium-high heat, mix pancetta with oil (omit oil if using bacon); stir frequently until lightly browned, about 5 minutes. Add garlic and onion; stir until onion is limp, about 5 minutes. Drain off fat.

Add broth, potato, barley, mint, oregano, and chilies. Bring to a boil, cover, and simmer until barley is tender to bite, about 30 minutes. Add garbanzos and tomatoes; bring to a boil. Stir in escarole; cook just until wilted, about 1 minute. Serve hot or cool. (If made ahead, cool, cover, and chill up until next day. Warm to room temperature or reheat.) Offer cheese, salt, and pepper to add to taste. Serves 6 to 8.

Per serving: 235 cal.; 11 g protein; 4.7 g fat (4.7 g sat.); 39 g carbo.; 224 mg sodium; 1.7 mg chol. □

Tasty and beautiful . . . your own sala

They're easy to grow, in pots or in the ground. They'll be freshe exp

The current explosion of interest in fresh, tasty, and artistic salads has prompted shoppers to spend as much as $16 a pound for gourmet greens at produce markets. But home gardeners have an advantage: growing the greens substantially reduces their cost, and harvesting them fresh creates the most flavorful and nutritious salads of all. As a bonus, these greens are very ornamental, making them a welcome addition to any garden.

Below we describe two ways to grow salad greens quickly and successfully—in containers and in the ground.

DARROW M. WATT

Two ways to make salad pots: She's planting gourmet varieties started from seed. Pot at right was planted with store-bought transplants

Grow a salad in a pot

One of the easiest ways to grow salad greens is in large containers. You can also place your greens only steps away from the salad bowl by setting the pots in a sunny corner on a patio or just outside the kitchen door.

For a quick salad pot, shop for greens at nurseries. In large metropolitan areas, a few nurseries may carry seedlings of gourmet greens. But in most cases, you'll find only unnamed lettuces, such as romaine and butter, and unnamed greens, such as spinach and chard. Be sure to buy seedlings with uncrowded rootballs.

If choices are limited, give your potted salad more color and flavor by adding herbs such as chives, cilantro, and parsley; bunches of onions; and edible flowers, like Johnny-jump-ups. Ornamental kale sold as a bedding plant also makes a colorful addition to salads when harvested young.

You'll have many more options if you start from seed. For mild flavors, choose from the dozens of lettuces with green, red, or deep purple leaves. Other mild greens include 'MacGregor's Favorite' beet, which is grown for its purple foliage; 'Baby Bok Choy'; 'Ruby Red' chard; curly endive; mâche (corn salad); and crinkled- or smooth-leafed spinach.

Tangier choices include arugula (roquette or rocket); 'Broadleaf' or 'Curly' cress; mizuna; burgundy-colored 'Red Giant' or 'Osaka Purple' mustard; and sorrel.

Starting a salad from seed. Most greens started from seed take three to four weeks to reach transplant size. Sow seeds in flats or seed-starting trays. Plant them about ¼ inch deep in premoistened potting soil.

Keep the soil moist. In flats, thin plants to about 1 inch apart; greens are ready to transplant when they're 1 to 2 inches tall (transplant small ones carefully).

Planting in large pots. Large pots (at least 14 inches in diameter) take less maintenance and can hold more kinds of greens. Fill with potting soil to about 2 inches below the rim, mixing in soil polymers for water retention.

Arrange greens so the taller ones, such as chard and mustard, are in the center or rear of the pot. Fill in the gaps with lettuces, endive, and other greens. Poke herbs and flowers in between. You can crowd plants 3 to 4 inches apart, but harvest frequently so they don't outgrow the pot too quickly.

Keep the soil evenly moist (crowded pots need water more often); if the soil dries, mild-tasting greens turn bitter. Fertilize every two weeks with fish emulsion or half-strength dilution of a high-nitrogen fertilizer.

Harvest outer leaves when tender and young. To keep pots going, pull out mature plants and put in new ones.

Grow greens in wide beds

If you're a true lettuce fancier, grow a succession of gourmet greens in garden beds using the methods of California salad farmer Tom Shepherd. Every week, he harvests 1,000 pounds of gourmet greens from his 6-acre organic farm along the coast in Montecito. His techniques, outlined below, can be adapted to any size home garden.

Choosing varieties. Start with a blend of red and green lettuces, mostly loose-leaf types, that resprout vigorously after cutting. Shepherd recommends 'Lollo Biondo', 'Lollo Rosso', 'Red Oak Leaf' and 'Tango'. To these he adds Asian salad greens—mizuna, red mustard, and tatsoi—and balances the blend with arugula, 'Curly' cress, curly endive, leaf amaranth, and radicchio. (If you're a beginner gardener, start with only a few greens and lettuce.)

Planting the beds. Plant lettuce seed or seedlings in separate 24-inch-wide beds. To sow seed directly, mix the varieties and broadcast over the surface. For seedlings transplant when they're just an inch tall, space them about 2 inches apart.

You can sow seeds for the other greens directly in separate beds. Most greens should be spaced 2 inches apart; the exceptions are radicchio and curly endive, which should be thinned to 8 inches.

For a continuous harvest inland, sow seed or transplant every three weeks during the cool season. In mild coastal areas, plant year-round.

Growing the greens. For greens to grow quickly and retain their flavor, they nee

alad greens

s expensive

***rflowing pots** of colorful ed salad greens make active alternatives to pots owers. In the ground, a container ds three kinds of lettuces kale and parsley; tard and mizuna also w in the rear pot*

RUSS A. WIDSTRAND

Grown in succession, *salad greens are always ready to harvest. Above, commercial gardener blends colors and flavors as he harvests bite-size leaves. At left, culinary shears cut entire head of young loose-leaf lettuce just above the soil*

Growing your own greens: tips from a commercial grower

Binding outer leaves of young curly endive (frisée) blanches interior ones. Six days later, fanned leaves reveal cream-colored heart with crisp texture, mild flavor

consistent moisture. Irrigate with a single line of flexible black soaker hoses or follow Shepherd's method of using two parallel lines of plastic drip tape. The tape directs water to the plants' root zones, reduces water loss from evaporation, and keeps soil from splashing onto the leaves. The tape is usually available to commercial growers in large quantities and lasts for only a few seasons. It's hard to find; some irrigation supply stores will special-order for you.

To manage flying pests, such as flea beetles, protect plants with water- and light-permeable floating row covers (available through garden supply catalogs). Seeds germinate under the fabric, and the plants lift it as they grow. Remove the covers when the plants are 1 to 2 inches tall; by that time, they're growing vigorously and will soon be harvested.

To eliminate insect habitats, remove debris promptly and keep the perimeter of your garden clear of vegetation that may harbor snails. When leaf-eating caterpillars threaten arugula, mizuna, or tatsoi, spray with *Bacillus thuringiensis.*

Amend your soil with aged animal manure and compost before planting. You can foliar-feed with fish emulsion (for nitrogen) and liquid kelp (for minerals).

Cut-and-come-again harvest. The key to a plentiful salad supply is succession planting and the continual cutting of bite-size leaves. (Shepherd harvests all greens, except curly endive and radicchio, when they are 3 inches high.) If plants grow too large, they will turn bitter and go to seed. In mild climates, you can cut entire plants four or five times. Expect fewer harvests if you live inland.

Harvest radicchio when it's about the size of a large orange, or pick individual leaves. When curly endive is 4 to 6 inches high, fold the leaves up and enclose them in a loose rubber band to blanch; four to seven days later, cut the bands, harvest, and let the plants grow again.

You can mix the salad greens as you harvest them. To keep greens clean and free from bruises, don't handle the leaves much. Use culinary scissors to cut entire plants just above the soil level. Harvest leaves directly into the basket of a salad spinner, rinse them outdoors (over a garden bed, to save water), spin, and serve.

Mail-order greens

For the best selection of greens, order seeds by mail.

The Cook's Garden, Box 535, Londonderry, Vt. 05148; (802) 824-3400. Catalog $1.

Nichols Garden Nursery, 1190 N. Pacific Highway, Albany, Ore. 97321; (503) 928-9280. Catalog free.

Ornamental Edibles, 3622 Weedin Court, San Jose, Calif. 95132; (408) 946-7333. Catalog $2.

Shepherd's Garden Seeds, 6116 Highway 9, Felton, Calif. 95018; (408) 335-5311. Catalog $1. □

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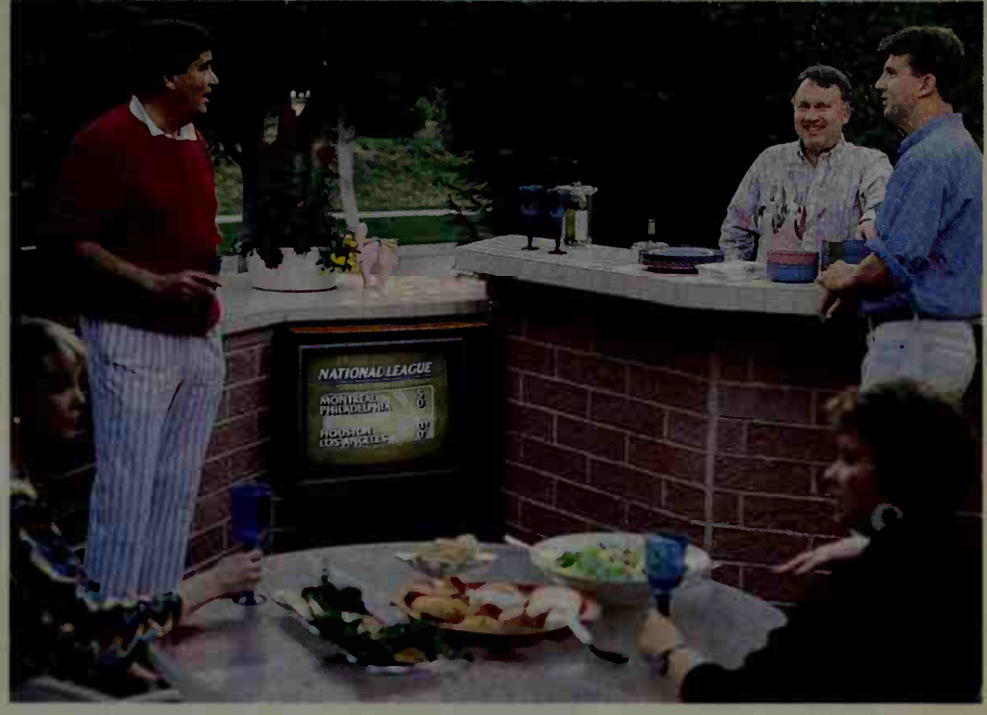
The Changing Western Home®

Open sesame: an automatic door for the home

Have you ever balanced a trayful of fresh-off-the-barbecue delicacies while trying to open the back door of your house with your foot? Well, at this Tucson house your foot really *will* open the door. For the door between this house's kitchen and the patio, architect Ron Fridlind incorporated a commercial pad-activated door opener into the design plans. The unit, which cost about $900, can be deactivated when the door is locked up for the night.



On this Manhattan Beach patio, the TV room is outside

"I told Erv when we got married that he could have people over to watch sports as long as they were outside," says Barbara Kaufman. "I didn't think he'd actually do it."

What Mr. Kaufman did was build a weatherproof compartment into the corner of the 10-foot L-shaped outdoor wet bar. The television slides into the recess and a locking door with a perimeter gasket slides out from above and swings down. The plywood enclosure was coated with a waterproof emulsion and then set into the brick-faced, tile-topped counter. Electrical and cable services come in from below.

Sunset WATER WATCH 1991

Keep your car clean with little or no water

Washing your car by hand can be a real water-waster, using 17 to 27 gallons according to Los Angeles Department of Water and Power estimates. And conserving water is particularly crucial in this drought year during the extra-dry months of late summer.

At the very least, you should have a hose with a shutoff valve so the water is only running when you're using it. Some products let you skip the first wet-down; simply wash the dry car with a cleaning agent, then wipe or rinse it off.

Another possibility for drought-conscious car owners is to patronize a car wash that filters and recycles its water.

But how about a method that uses no water at all? Try a no-water car duster (left). Its paraffin-saturated cotton lifts light surface dirt without scratching the finish. With regular use (brushing takes only about 3 minutes), your car may rarely need a major hose-and-soap-down.

Look for the duster (about $20) at variety stores, auto supply stores, and auto dealers' parts counters. Or order from the manufacturer at (800) 228-1900.

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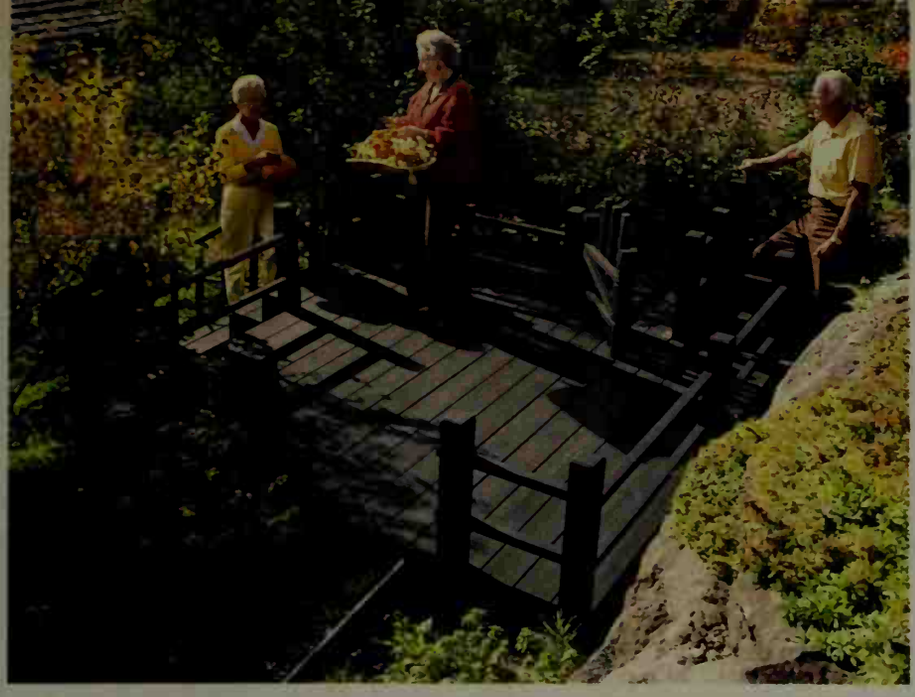

This gossip fence in Seattle is more like a gossip deck

These Seattle neighbors used to meet frequently at their back fences to share the harvest and chat. Seeking a way through the gateless fences, which join in a T-shaped intersection, Dolores and William Batterson came up with the stylish stile pictured here. It bridges the fences and leads visitors up to the Battersons' higher-level lot.

The stile is built on posts that rest on concrete footings and rise to hold railings; it's maintained by the Battersons and neighbors Margaret and Clint Lundy in semiannual painting parties.

Mirror, mirror in the wall

Updating a '50s bath on a budget, Los Angeles designer Sheryl McKinsey created a wall of light, reflection, and storage around the vanity counter.

She replaced the wall above the twin basins with 1-foot-square glass blocks up to the header supporting a clerestory window.

To provide a mirror and storage for toiletries, she inset a ready-made 3-foot-square, 6-inch-deep cabinet with chrome frame and sliding mirrored doors.

GLENN CHRISTIANSEN

NORMAN A. PLATE

JOE MANFREDINI

Sliding "barn doors" provide sun control and security

Too handy for just horses and cows, barn door–style hardware provides simple solutions to common problems for these three houses. In the first two, it allows shutters to slide and block out the Arizona sun. At left, Tucson architect Judith Chafee placed a bank of shutters along the wall of a house in Sonoita. Architect Lynn Harris placed them over the east-facing windows on her Vail house (center).

The example shown at right locks up a waterfront cabin in Bothell, Washington. The Driftmier Architects designed the barn door to seal the lakefront cabin securely when it's not in use. The panels slide back to open up the house, exposing a pocket screen door that takes over as the entryway.

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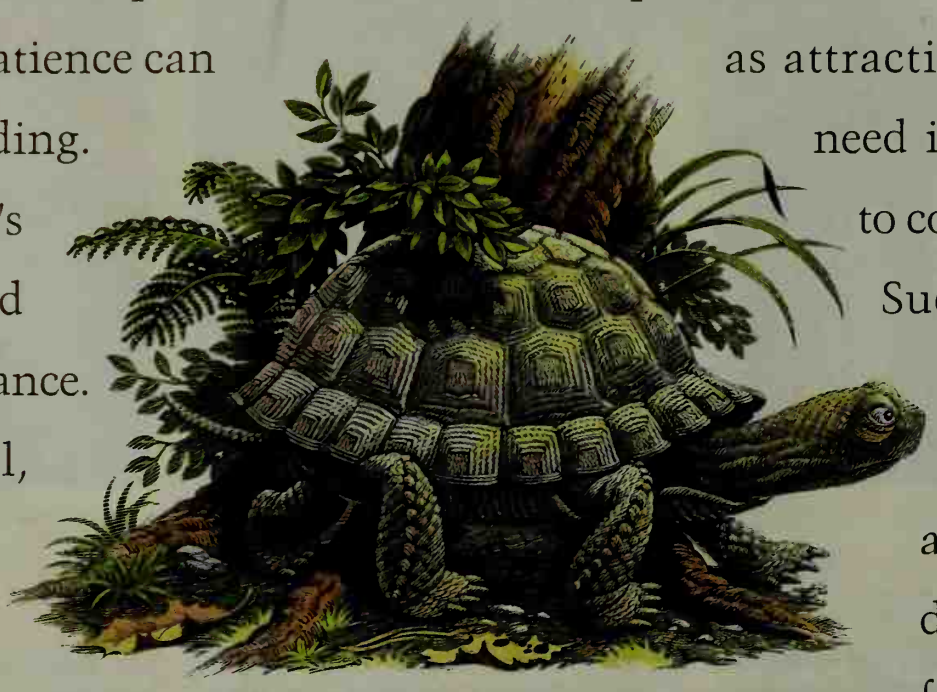

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Ready to roll, service cart carries sheet of plywood on tilt-top's built-in lip. When top is locked in horizontal position (right), it can support large panels to be fed through table saw

RICHARD FISH

Two-part cart has top and base. Threaded rod runs through uprights and top. Note 1-by-3 lip at tilt-top's longer side. Steel bar holds top horizontal

Rolling cart or table . . . thanks to the tilting top

To handle plywood by himself, Bill North of Burbank, California, designed a rolling cart with a top that pivots into two positions. When the top is tilted down, it can hold a sheet of plywood on a built-in lip for easy moving. When the top is horizontal, it becomes a feeder for his table saw.

Making the cart's base

The base is made from two 48-inch lengths of 2-by-4 and two 24-inch 4-by-4s. The 2-by-4s are screwed and glued into 1½- by 3½-inch rabbets cut in the ends of the 4-by-4s. Full-pivoting casters are screwed to each corner of the rectangle.

Two 30-inch-tall 2-by-4 uprights (held by pairs of ⅜- by 3-inch lag screws and glue) are let into 1½- by 3½-inch notches cut 8 inches in from one end of the 4-by-4s. The uprights are rounded and cut to align with the top of the saw. (Mr. North later put wheels on the saw, and added blocks to the bottom of the cart to raise it.)

Then comes the top

Most of the top is made of 2-by-4s. The end pieces are 38 inches long, with ½-inch-deep, 1½-inch-wide notches cut into them to receive the two 42½-inch sides and the center spacer.

The side pieces are set ½ inch in from one end and 1½ inches in from the other. Glue and lag screws join the 2-by-4s. Nails and glue hold a 44½-inch length of 1-by-3 (it becomes a lip to support the plywood) over the 1½-inch gap at one side.

The top pivots on a ½-inch threaded rod that runs through the uprights and the top. Holes in the top pieces are drilled 12 inches in from the side with the ½-inch inset. Double washers go between the frame and upright, washers and nuts on the exposed sides of the wood.

A flat, inch-wide steel bar (to lock the cart's top horizontal) is loosely screwed to the top. Its lower end is notched to slip over a screw centered in one upright. □

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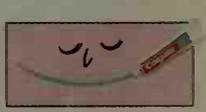

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DOUG WILSON

After. Broad new stairs lead to expanded porch with roof over entry, trellis over side area. The look still fits in area of older bungalows

Before. With paint peeling and shrubs overgrown, aging but structurally sound cottage was a classic fixer-upper

Doing over their first house

The 1,000-square-foot Seattle cottage was a classic fixer-upper

***Rearrangement** of bedrooms, bath, and kitchen resulted from removing walls (in green). Finished basement is at left*

Many first-time buyers must invest imagination and elbow grease to turn an affordable fixer-upper into a workable house.

This 1,000-square-foot cottage was built in West Seattle in 1908. Architect Jeff Saboda and his wife, Pat, appreciated its location in a quiet neighborhood, high enough on a hill to catch a glimpse of Puget Sound.

Most of the house was structurally sound, but there were problems. The front steps were decaying. There was no insulation, and windows were single-glazed. Walls bulged under layers of wallpaper. Wiring was outdated, and an inefficient octopus of a furnace devoured most of the basement. Bathroom fixtures were in poor condition, and all plumbing was failing.

The room arrangement also presented problems. The only access from one bed-

In opened-up kitchen, *stove nestles into freestanding island partition that blocks view of bedroom and bathroom doors. Back side of partition is message center with bulletin board, telephone. Beam supports ceiling where wall was removed*

Above sink, *high see-through cupboards were built across existing windows*

om to the bath was through the kitchen. since a new bathroom was in order, it was located between the two bedrooms.)

here were some bonuses: the house had aneled doors, handsome moldings and decoative trim around doors and windows, and e gas hot-water heater was just two years d. The living-dining room and bedrooms so had fine hardwood floors.

he major addition was a large gabled porch at replaced the sagging front steps. At the ack, a tiny porch was removed and the itchen was expanded to incorporate former tility space. New sliding glass doors open e enlarged kitchen to a simple but attracve new deck.

xcept for the new front porch, designed by e architect-owner and contracted out, the abodas did much of the work themselves, cluding carpentry, plumbing, wiring, and ts of stripping and painting. They had aint-grade cabinets made for the kitchen ut finished them themselves.

he project took more than five years to omplete. In all, it cost about $45,000. □

FICTION:

"Ordinary cleaners are all I need to stop germs."

FACT:

Ordinary cleaners don't disinfect.

Like it or not, germs are a part of our everyday lives. Each time we open a door, talk on the telephone, pick up a pencil or turn on the television, we may unknowingly pick up something someone else has left behind—viruses, bacteria, or other germs. Unfortunately, cleaning with good old soap and water is not good enough to eliminate the spread of germs.

Household cleaners and ordinary hand soaps aren't formulated to kill microorganisms. (In addition, germs can remain in the washcloths, rags, and rinse water.) Scrubbing with ammonia or borax isn't the answer either. They just don't disinfect. But regular disinfection helps prevent the spread of household germs. And nothing you can buy performs better than the Lysol® line of disinfectants. It's the leading brand of disinfection products in America.

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Lysol

NORMAN A. PLATE

They're learning more than how to make orange peel grins. Students at Johnson Park Elementary also learn environmental awareness through their landmark recycling program

Students learn as they recycle

Recyclables are only recyclable if they're being recycled. This small community north of Sacramento is putting that idea to the test with a pop pariah: polystyrene.

At Marysville school cafeterias, polystyrene utensils and trays are collected, rinsed, and bagged. The local waste hauler then takes them to a reprocessing plant near San Jose. The school district is keeping about 50 tons of polystyrene out of the waste stream each year, and students are learning early that recycling is an integral part of life in their community.

The success of the Marysville program makes it the most significant one in California; pilot programs are under way in other areas as well, encouraged by the plastics industry, which helps set up and promote them. Such programs don't exactly make money (unlike ones that recycle materials with more cash value, like aluminum); but in the long run, the cost of recycling the material should balance the cost of putting it in a landfill. The programs may eventually turn a small profit as collection, transfer, and reprocessing become more efficient.

Throwing plastics away: not a choice

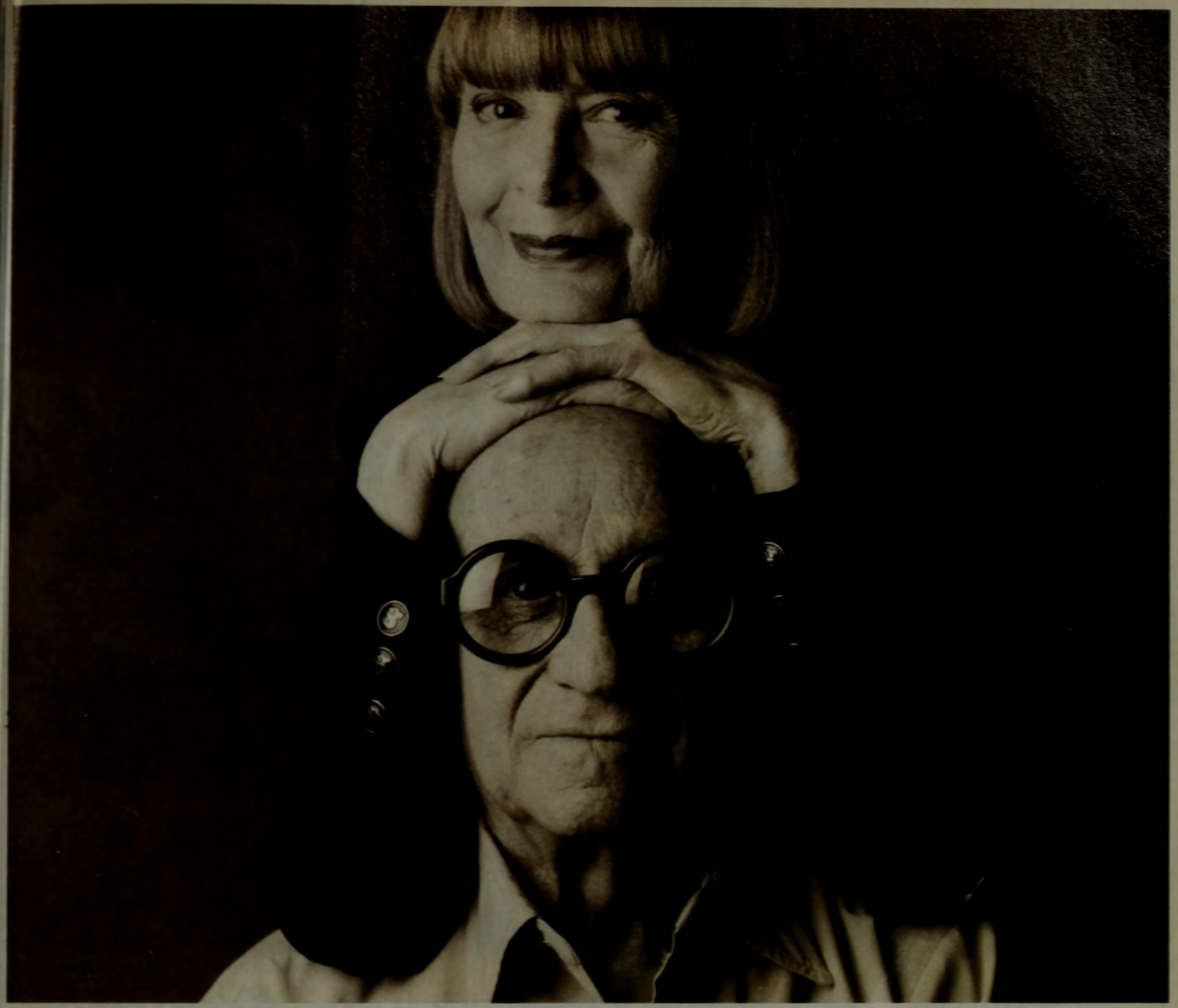
Marysville no longer considers throwing materials away an option. It was student boycotts in neighboring Yuba City against "disposable" trays and utensils, after 1990's Earth Day, that got the district to recycle them in the first place. Economically, polystyrene was the best choice; now that it's being recycled, it's also correct environmentally.

Demand for the reprocessed polystyrene is growing. Spurred by consumer demand for products packaged with recycled materials and also by negative response to "throwaway" polystyrene packaging, manufacturers are helping to establish recycling facilities.

A recent study at the University of British Columbia concluded that the process used to manufacture polystyrene plates and cups has much less adverse impact on the environment than the one used for making the same products out of paper—coated or uncoated. The study also points out that polystyrene is recyclable, whereas coated paper currently is not.

As children head back to school this month, the Marysville school district has expanded the program to 21 schools—preschool through high school. It might be a good time to get things going in your district; a recycling program could be a great first project for returning students.

If you're interested in setting up a similiar program in your community, write to Walter Roberts, National Polystyrene Recycling Company, 1040 Masonic Ave., Suite 2, San Francisco 94117, or call (415) 553-8524. □



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CHAD SLATTERY

Sculptural front wall angles in front of existing house to shelter doorway. Copper panels, fir, and glass form elegant entrance

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Just a sliver extends dining room, creates entry

A common drawback of many older small houses is the lack of a graceful front entry. The front door spills you unceremoniously into the living room. That was the case with this 1924 bungalow in Santa Monica, California. Owner Jesse Brunner wanted a more leisurely transition that would also help open up the rather cramped living and dining rooms at the front of the house.

Culver City architects Warren Wagner and Edward Webb collaborated with Mr. Brunner to meet the challenge. Across the front, they replaced an old street-facing porch with a 5- to 7½-foot-deep, 16½-foot-wide sliver of space that functions both as the new vestibule and as an extension of the living-dining room.

The front wall angles outward from each end, with a vestibule coat closet fitted across its widest point. The shorter angled end hides the new side-facing front door, which is protected by a projecting roof. A 6-foot-square window and a skylight brighten both vestibule and living room.

For increased spaciousness inside, architects and homeowner removed the exposed overhead beam and support posts that had separated the living and dining rooms. They hid a beam in the attic, making the bottom flush with a new gypsum-board ceiling. This small change created a single large room. □

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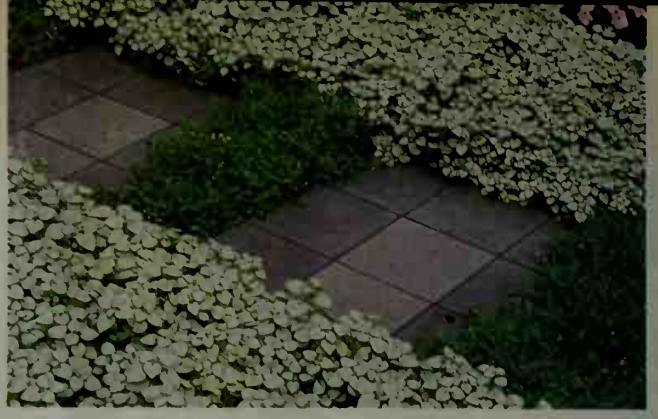
Sunset The Magazine of Western Living

PETER O. WHITELEY

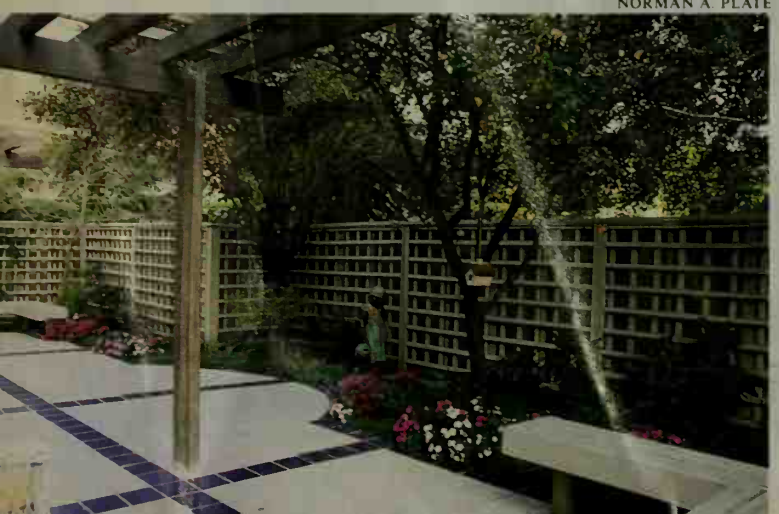


Two-tone tile path defines the planting beds for this symmetrical garden. The main axis points toward an elevated gazebo floating above lush greenery. Stepping pads (above) flank main pathway

Ceramic tiles move outdoors . . . for pathway and a patio

Lines of blue tile divide and trim this garden patio

NORMAN A. PLATE



Durable and colorful, ceramic tile is most often found inside the home, but occasionally it makes its way outdoors. In these two gardens, it's used for a patio and a pathway, providing an all-weather surface with unexpected hues and geometric forms that complement the border plantings.

No matter what type of tile is used, the installation process is labor intensive. It requires pouring a concrete base (sized to avoid extensive cutting of the tile), adhering tile in a thick mortar "float" or a "thin set" mortar coat, and grouting between the tiles.

When selecting tile for outdoor installation, look for a rough-textured surface that provides good traction when the tile gets wet. Remember that very light or very dark tile will show dirt. If freezing temperatures are common to your area, make sure the tile you choose will withstand the cold.

Gray-toned formality

Since owners Sherry and Walter Petit enjoy French gardens, they asked Oakland landscape architect Renee Bradshaw to transform their 35- by 50-foot shaded brick patio into a formal garden (shown above). Bradshaw removed tall hedges to reveal views of the San Francisco Bay and installed a symmetrical network of tiled paths around a central flower bed. The paths and stepping pads have concrete bases topped by gray tiles.

The axis of the garden runs at an angle to the house, with the central path extending to a gazebo rising on poles from the slope beyond. The redwood structure features a peaked roof and built-in, low-voltage down lights.

The subdued colors of the tile created a muted background for the plants, which include peach-colored roses, hardy fuchsias, Japanese maples, stock, forget-me-nots, and other flowers that will thrive in the shaded site. When designing the irrigation system, Bradshaw accommodated the tiny garden's numerous microclimates, installing six lines of drip sprinklers instead of just one or two.

Blue and cream simplicity

Sacramento landscape designer Michael Glassman designed a 12- by 36-foot tiled patio to replace three small concrete pads. He tiled around the two existing trellises and added two built-in, L-shaped benches to provide more seating space and to help frame the patio. The broad patio opens the whole house to a small, shaded garden area and provides more entertaining space for owners Marge and Jack Hawkins.

The patio widens at the center, where a curved section projects toward a small fountain and sculpture that are illuminated at night. The fence was resurfaced with a grid of 2-by-2s to add texture to the backdrop. □

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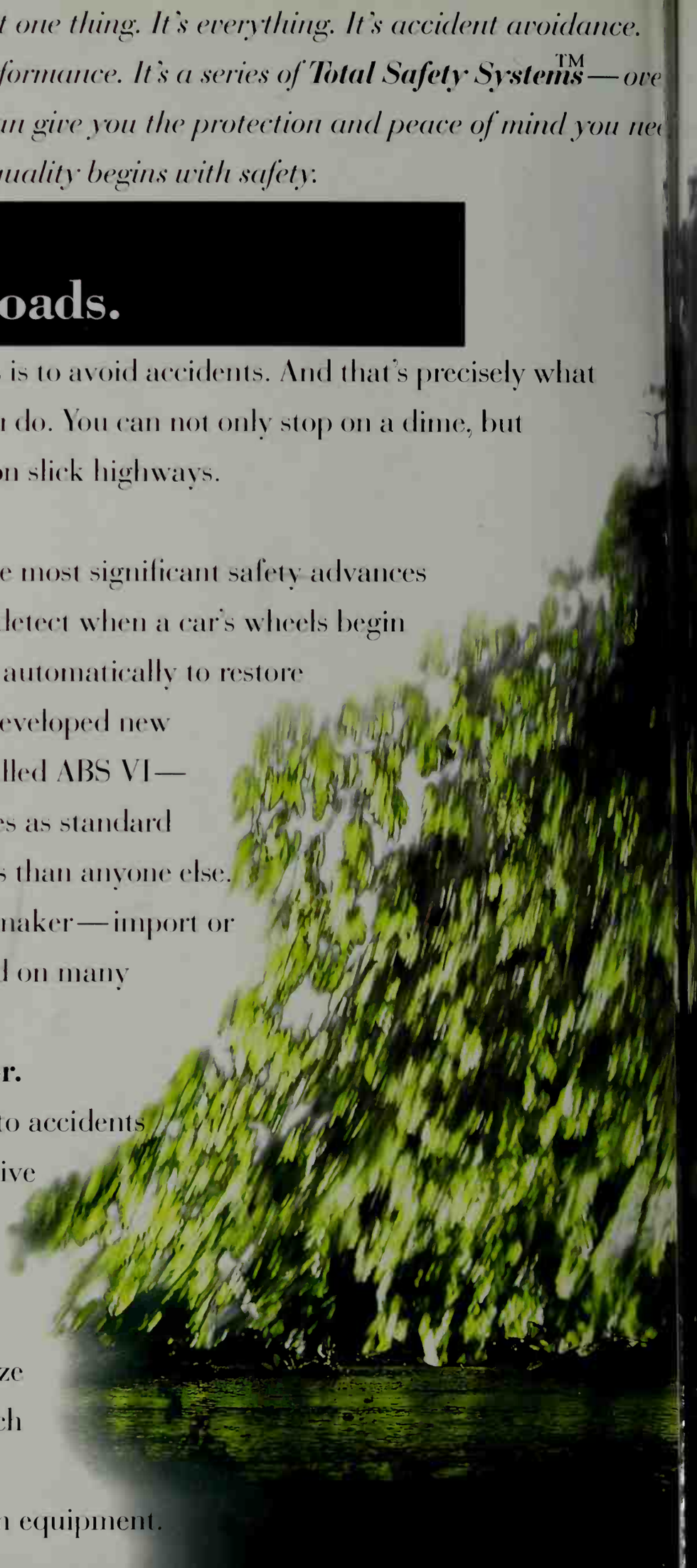

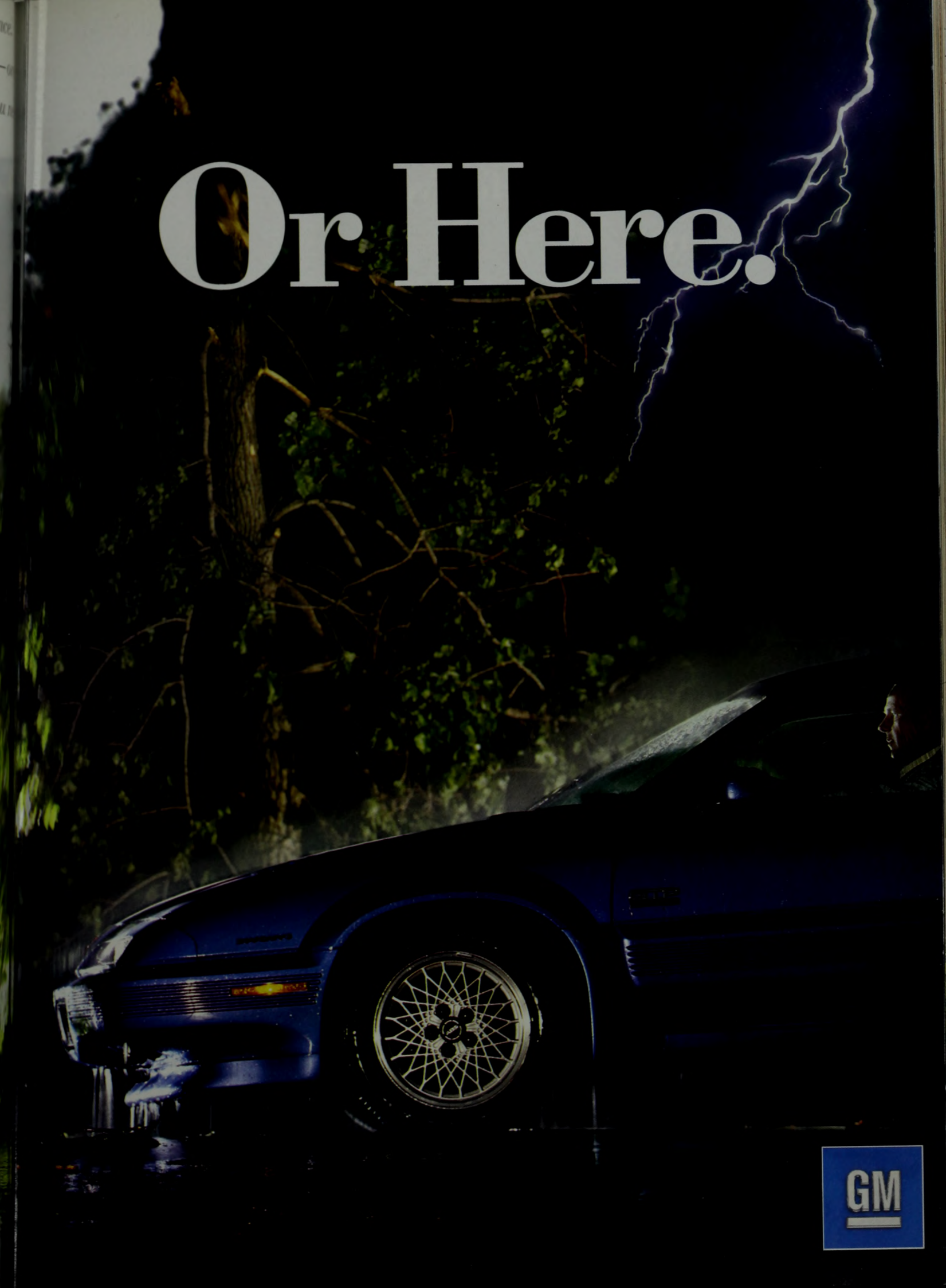
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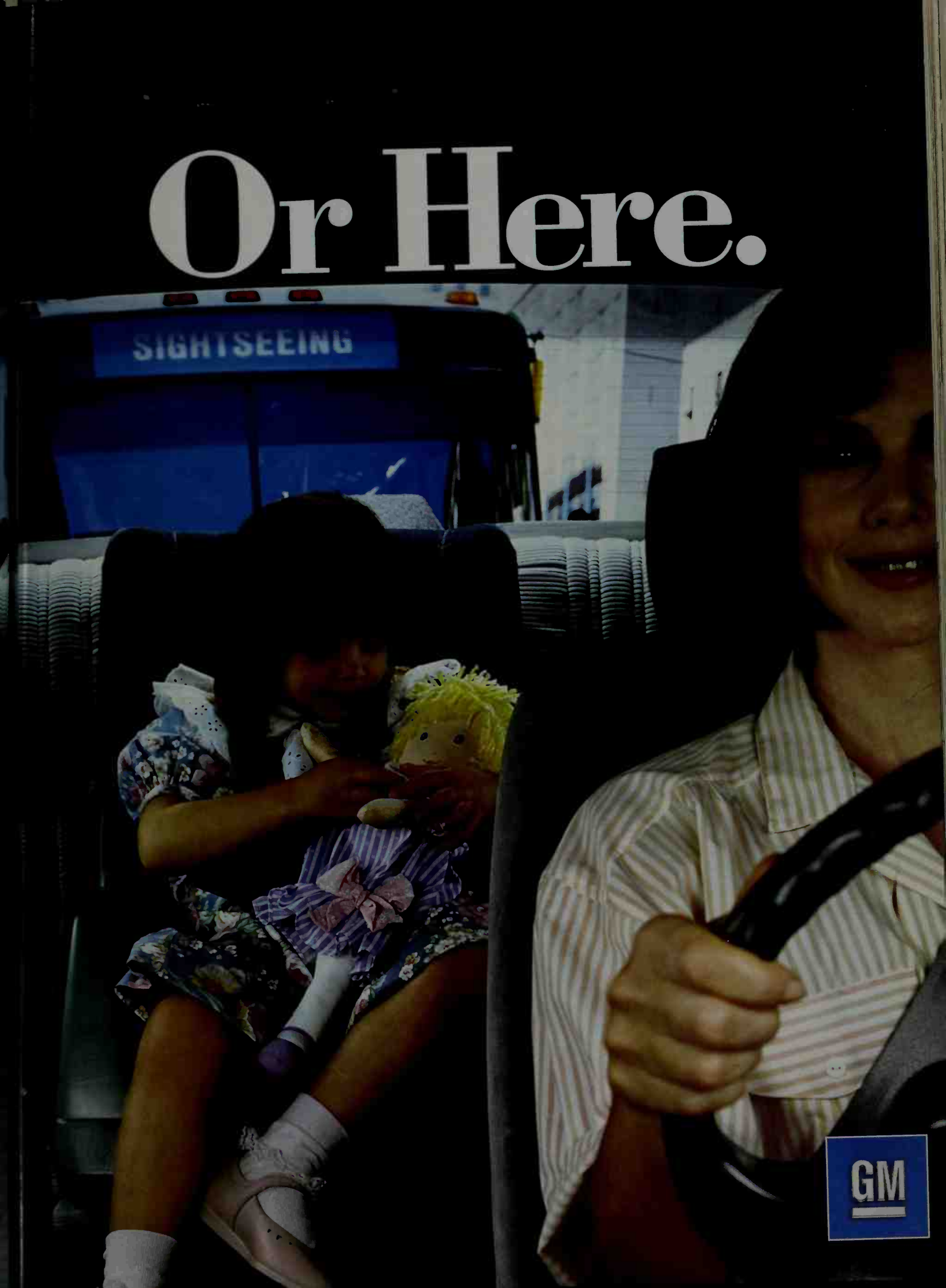

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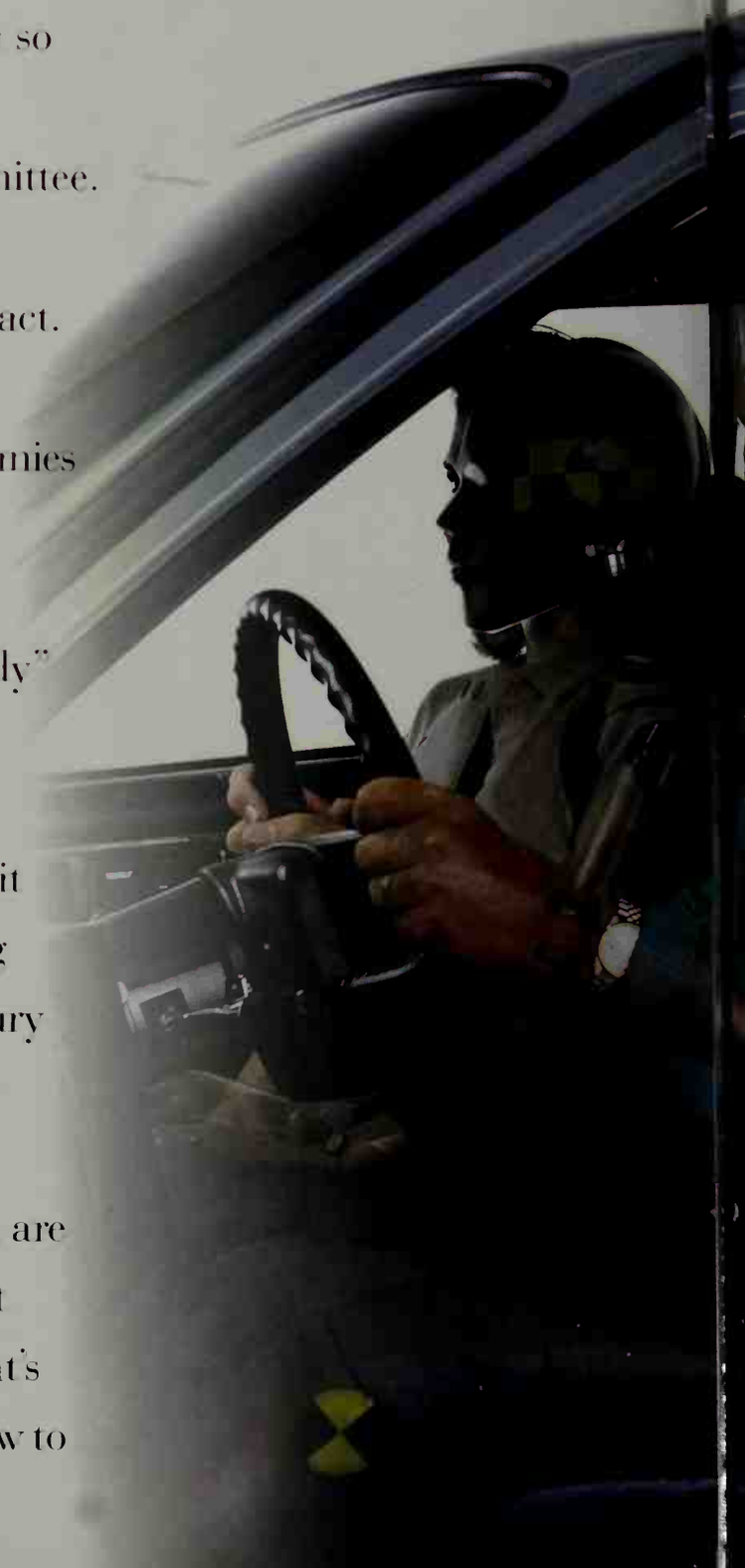

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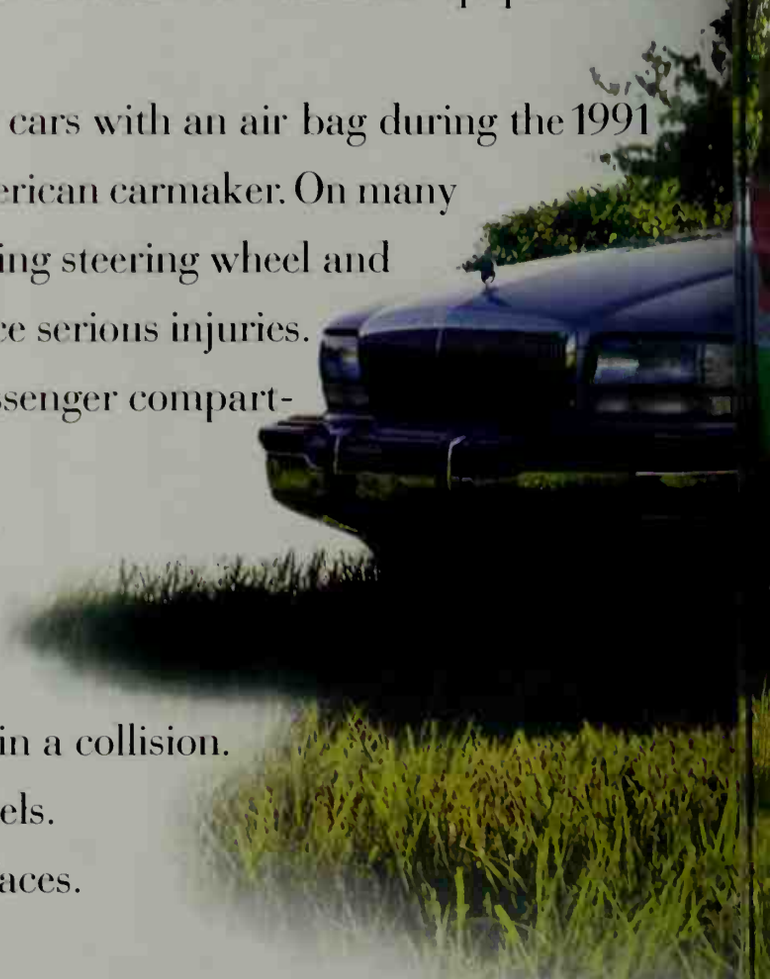

It's a "safety cage"—a steel-reinforced passenger compartment, incorporating side-guard door beams.

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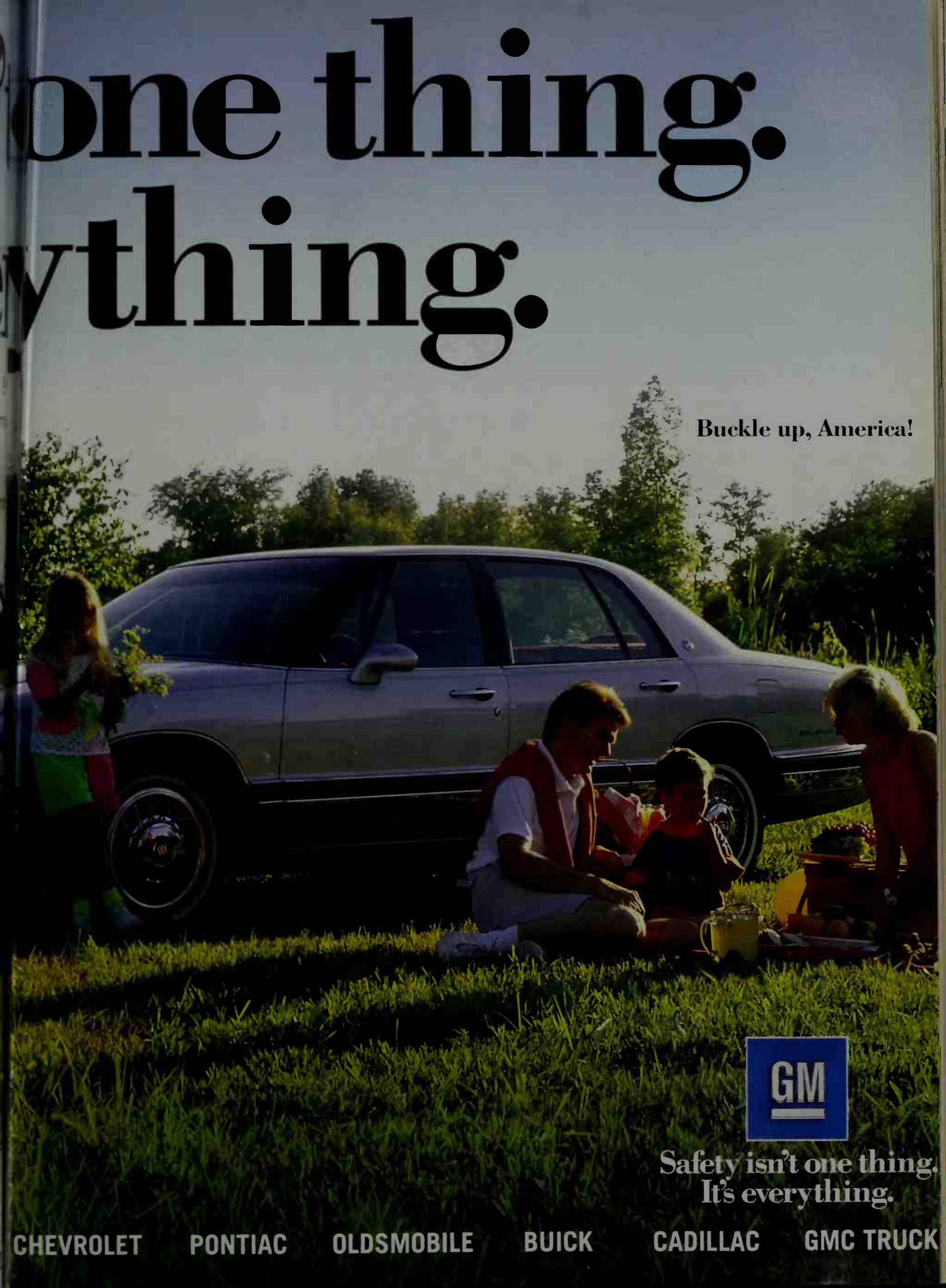
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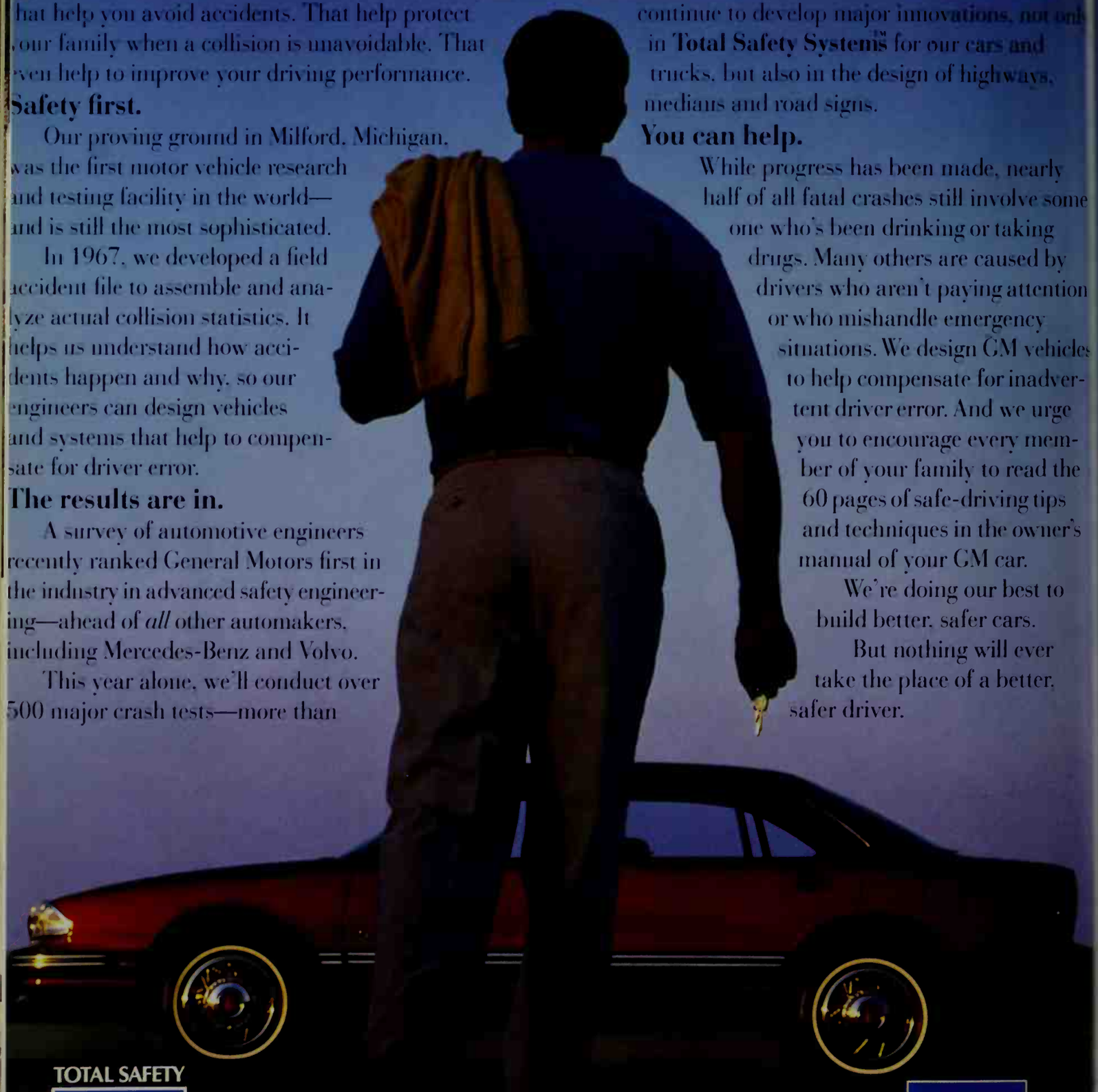

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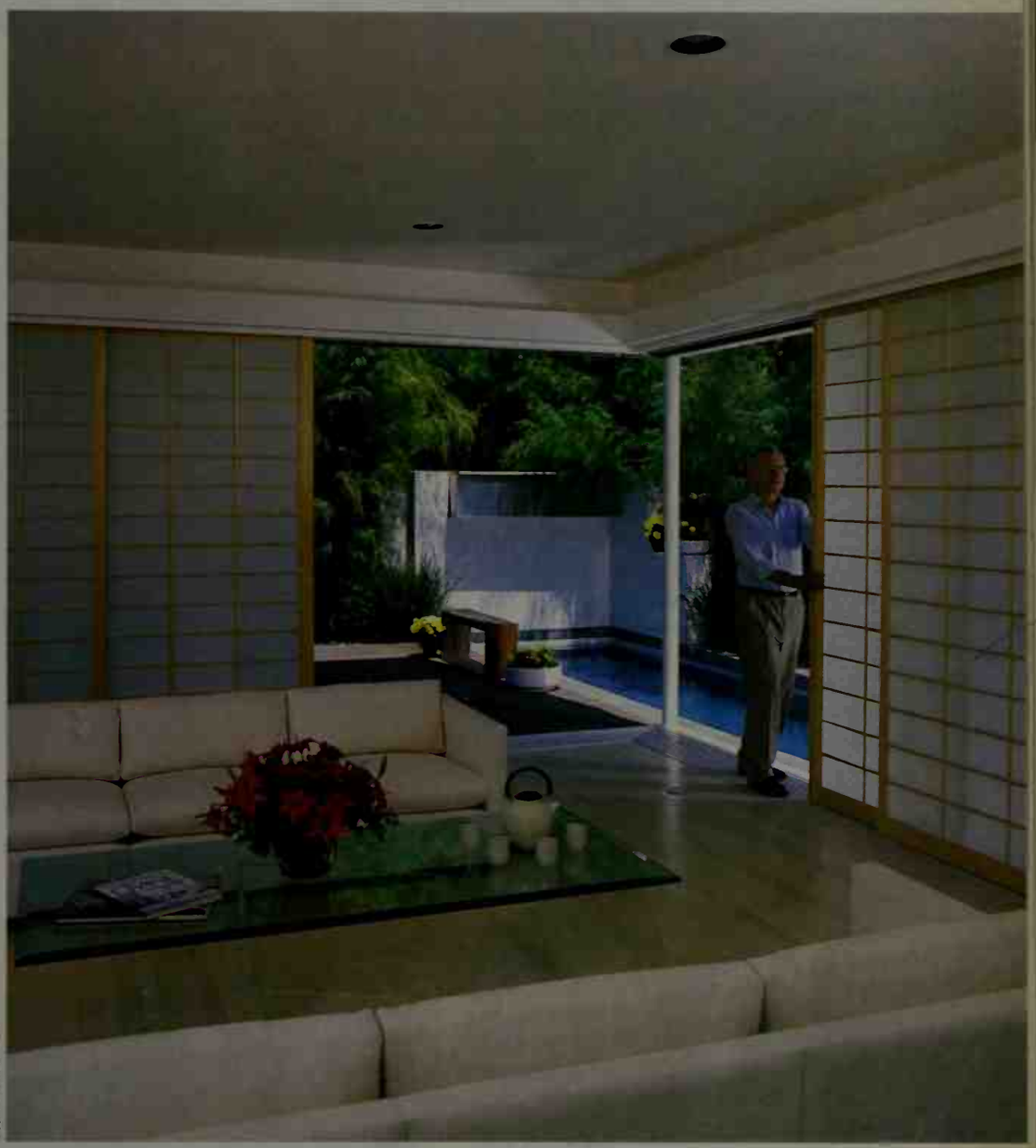
Special Section

INSIDE THE WESTERN HOME

GLENN CHRISTIANSEN

MEXICAN stools, painted in New Mexico, add color sparks to house on page 119. Low and linear white sofas (right) repeat shoji geometry of house on next page

CHAD SLATTERY



FROM THE HOT HUES enlivening a pair of painted pigskin stools to the monochromatic minimalism of a poolside pavilion, interior design ideas on these pages reflect the cultural richness of our region. Influences come from the wild West, from south of the border, from across the Pacific.

We show rooms splashed with broad brushstrokes of color, and rooms in which color is only the exclamation point. Practical tips suggest ways to shop for new choices in both the furniture and floor coverings of the '90s. Interior design in the West has never been more exciting.

CHAD SLATTERY

LEAFY shadows play across canvas umbrella that frames scene of indoor and outdoor dining rooms

MERGING INDOORS AND OUTDOORS . . . BORROWING FROM JAPAN

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WALLS SLIDE out of sight to marry the interior of this house with its surrounding patios and garden. The resulting rooms resemble open-air pavilions. The barrier-free sight lines challenged the owners to choose indoor and patio furniture that looks good in the same scene.

The house, designed by architect Steven Ehrlich for a narrow site against a steep slope, borrows a Japanese principle: joining interior and exterior spaces makes both feel larger. Two walls of the living room (shown on the previous page) and one wall of the dining room (pictured here) consist of floor-to-ceiling glass panels that slide on tracks, telescoping into wall pockets.

Further borrowings from Japanese design are translucent shoji panels, used as window coverings for the glass walls and as room dividers between dining room and kitchen. These lightweight panels also slide into wall pockets. The natural ash of their 46- by 93-inch frames blends with the bleached tones of oak-strip floors.

The shojis and floors provided an airy white-and-wood framework, carried through in furniture selection.

The curved white lacquer frames of the dining room chairs are compatible with the curving arms, backs, and legs of the patio's aluminum-frame chairs and lounges. Thin, tailored pads of all-weather polyester mesh on the patio furniture tie visually with the sliver-of-leather seats on dining room chairs.

The natural oak of the patio umbrella's pole and spokes picks up the wood detail of the dining chair cleats (right) and the frame of the shojis.

In the dining room, two lucite pedestals support a beveled-glass top to create a near-transparent piece of furniture. Glass also tops the patio table just outside. □

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IDENTICAL-SIZE PLEXIGLASS FRAMES, used both vertically and horizontally, each contain one to four pictures. Elegant silver frames unite the piano-top display below

GLENN CHRISTIANSEN

THE HOME GALLERY IDEA FOR FAMILY PHOTOS

FEW OBJECTS can add more character and pleasure to a home than records of our own past. Yet most displays of family photographs—endearingly irregular in their mix of wedding, school, team, baby, and vacation pictures—end up a visual hodgepodge.

The displays pictured here create effective home galleries that allow expansion. Each puts some of these basic design principles to work:

- Group photographs for impact.
- For a wall display, choose one simple framing style and try to stick with it.
- Hang multiple rows so all bottoms and/or tops align (see hallway above).
- For a tabletop, keep frames all one material—silver, wood, plexiglass.
- For black-and-white shots, use white or pale gray mats, black or white frames.
- For color shots, use white, gray, or very dark mats; black, wood, or metal frames.
- Sepia tones look good in wood frames with warm-toned mats (but *not* the same tone as picture background).

Designs: Joseph Terrell, Van-Martin Rowe, Ron Christensen. □

CHAD SLATTERY

WOOD FRAMES and same-size ivory mats show off sepia prints leaning on rough-hewn mantel

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CUSTOM-BUILT SPEAKER compartments sit along floor between window mullions. Frames, covered with polyester double-knit cloth the same color as woodwork, fit over angled speaker faces

PETER CHRISTIANSEN

STEREO SPEAKERS THAT HIDE FROM VIEW

MUSIC is as much a part of many homes' interiors as furniture, floor coverings, or artwork. But few people besides audiophiles want a room punctuated by a pair of boxy speakers perched on pedestals, poking out of bookcases, or functioning as end tables.

Designers and equipment manufacturers are now addressing the task of subtly incorporating stereo equipment—particularly loudspeakers—into a room.

Many stereo stores now carry built-in speakers (they vary widely in quality and price), and some will install them or recommend an installer to you. Make sure the installer is licensed and insured. Better yet, call the Custom Electronic Design and Installation Association (CEDIA) at (800) 233-4230 for the names of qualified designers and installers in your area.

A home electronics designer knows the range of built-in speaker options available and can help you select the most appropriate model for your room—and your budget. A designer can also make sure the speakers are installed in locations that will yield the best possible sound. Speakers built into the wall generally need to point right at the listening area, so placement is important.

Interior designers often work with home electronics specialists to develop ideas for incorporating an entertainment system into a room. Some speakers, such as the one pictured at left, are designed so their outer frame (or bezel) can be plastered right into the wall. Joint or spackling compound is applied over the frame, sanded smooth when dry, then painted to match the surrounding wall.

TO DISGUISE SPEAKER, its frame has been plastered into the wall; the knit synthetic cloth cover matches the wall color and texture

METAL GRILLE and frame can be painted to match wall. Use a foam brush with a very light coating of paint to keep holes from clogging

Speaker cover options and custom-made fixtures

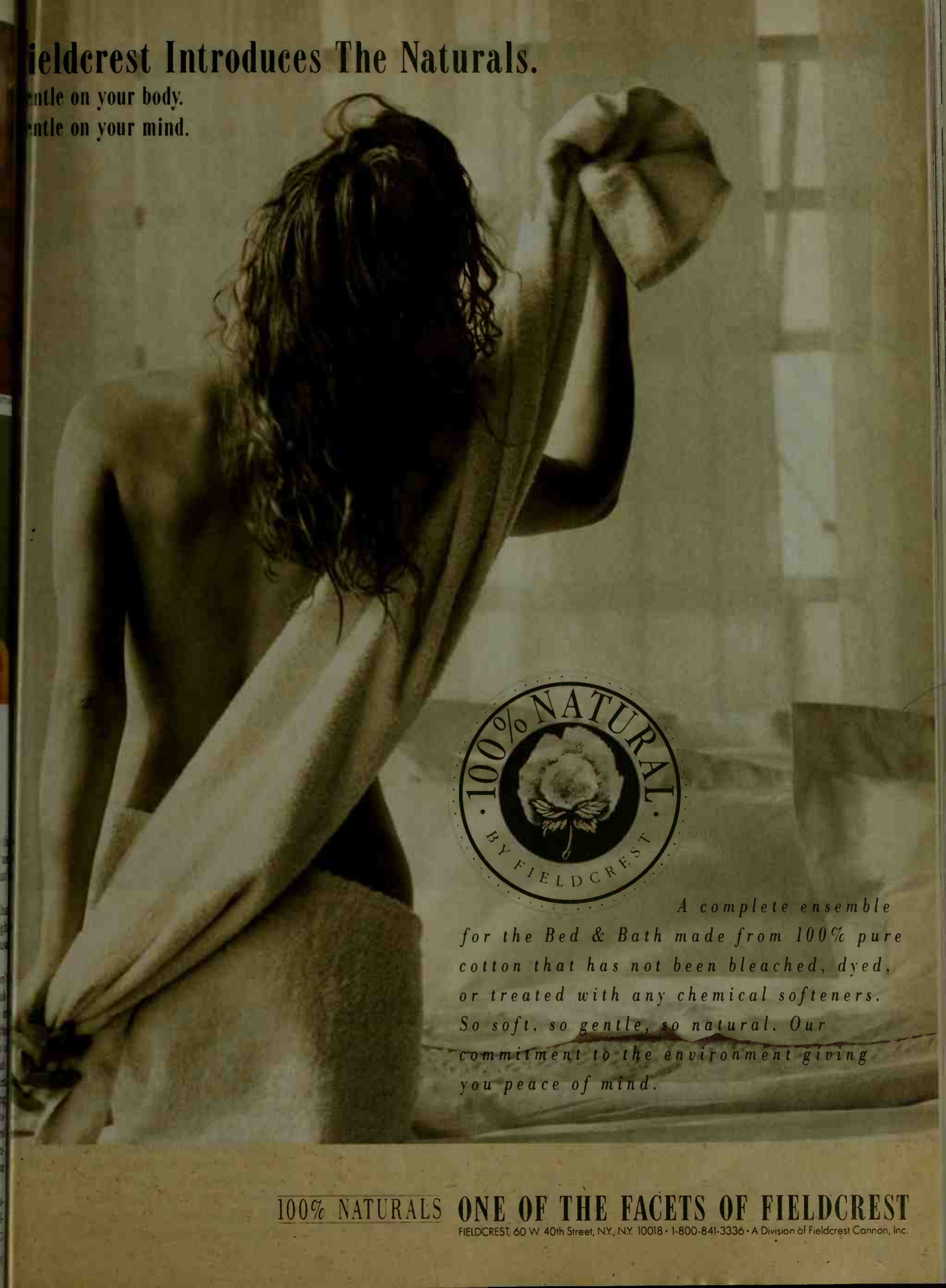
Metal and fabric are the two choices for speaker covers.

The standard grille is made of metal and can be painted to match a room. To avoid blocking the grille's holes, spray the metal with a very thin layer of paint or use a brush (preferably made of foam) that's lightly coated with paint.

For a fabric cover, select one that matches the wall's texture or color. Light or loosely woven material is best because it's virtually transparent acoustically.

If ready-made built-in speakers won't solve your design problem, custom speaker enclosures—such as the ones shown in the large photograph above—may be the answer. These speakers were fitted into a floor-level space between window mullions. The faces of the speakers are angled so the sound carries up into the listening area; hook-and-loop (Velcro) fabric fastener holds the covers in place. To prevent sound from being distorted, the dimensions of the enclosure must work with the size of the speaker.

Installations pictured here were by custom electronics designer Russell Hirschelmann, Marin County, California. □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SINUOUS designs of silver pieces and table carvings contrast with geometry of Hopi and Navajo weavings and wine-storage buffet

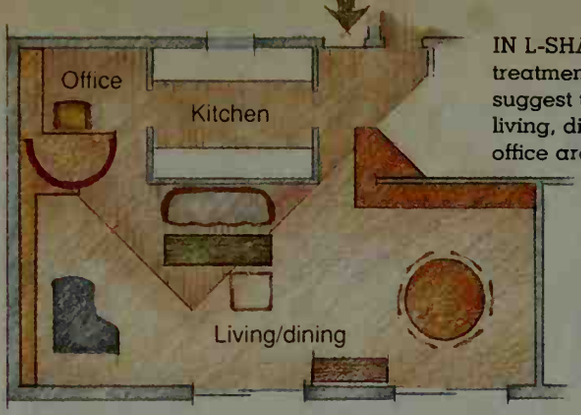
IF YOUR CHALLENGE IS AN L-SHAPED LIVING-DINING ROOM

IN THE LAST half-century, hardly a feature of Western housing has been more ubiquitous than the L-shaped living-dining room. On the one hand, it provides a welcome flow of space; on the other, it can toss a challenge when you have to puzzle out furniture placement and traffic patterns.

Facing the 35-foot-long L-shaped space in this Tucson condominium, architect Robert Nevins put his wiles to work in furniture choice and placement.

To define areas without interrupting the space, and to establish diagonals that

GLENN CHRISTIANSEN



IN L-SHAPED room, floor treatments (carpet and wood) suggest traffic pattern through living, dining, music, and office areas

BEYOND rustically elegant living area (below), gleaming enameled screen hides home office (bottom)

FOCAL POINT for storage and display, cabinet shows off cattle figures by Navajo and Mexican carvers

distract from the room's boxy confines, Nevins combined two floor coverings. A wedge of tongue-and-groove maple floor starts in the entry, zigs across the stem of the L, and zags over to the toe (see plan at upper right). He covered the rest of the floor with a herringbone-patterned carpet. Where wood and carpet meet, he added strips of dark-stained walnut.

Discarding the standard notion that "living" must happen at one end and "dining" at the other, Nevins devoted the center of his plan to living. On one side, enough room remains to seat eight for dinner; on the other, for a baby grand piano. In the toe, he set up a home office.

Nevins chose furnishings that are visually important and versatile. A richly carved coffee table anchors the living area, whose seating pieces—Mexican *equipales* of cedar and pigskin—bear cushions covered in cotton duck. The hassock repeats the coffee table's low profile.

To define the dining area—and add architectural character—Nevins designed a maple-veneered buffet and installed a rustic cabinet that provides display space above and below. It also stores a bounty of tableware a few steps from a 6-foot-diameter maple dining table.

Nevins continued his selection of maple for the library wall and cabinets that extend into the office (behind a wood partition painted in red automobile enamel).

Choosing chairs for versatility, Nevins outfitted a pair of boldly carved armchairs with cotton duck cushions so they can work in the living arrangement as well as at the desk. Classic Breuer armchairs of chrome and cane move easily between living and dining uses.

Custom cabinetry by Elliot Price. □

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WHAT YOU NEED TO KNOW ABOUT SELECTING CARPETING

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CHOOSING wall-to-wall carpet is confusing. A first glance at colors and textures presents a staggering array of choices. Fiber types, densities, stain treatments, and costs make the choice even more difficult.

To help you sort through the apparent chaos of carpet shopping, we first examine choices in fibers and carpet types, and how carpet is made. Understanding the basics can help you make an informed choice rather than surrender to a salesperson. We define a few terms you'll be tripping over along the way. And, finally, we offer tips on shopping and care.

Fibers: Nylon dominates, but wool is still the model

For centuries, the basic carpet fiber was wool. Though it now commands less than 5 percent of the market, wool is still the standard that synthetics are judged by. It is naturally stain- and burn-resistant and water repellent (though more porous than synthetics). Its scaly, bulky fibers hold dirt high in the pile, making cleaning easier.

Wool is resilient; it won't mat down as readily as some synthetics, and it's soft and luxurious underfoot. Wool also "grows old gracefully," as one industry source said.

Its chief drawback is price; fine wool carpet can be much more expensive than its synthetic counterparts. And synthetics have improved to the point that most of wool's appeal can be matched.

Nylon is the primary synthetic fiber, making up more than 70 percent of all carpet. Acrylic, polyester, and olefin are also used. Synthetics can be blended with each other—or with wool—to produce specific characteristics, such as wear resistance or mat resistance.

Nylon's superior durability has been enhanced by fluorochemical treatments such as Stainmaster, Wear-Dated, Anso V Worry-Free, Scotchgard, and Genesis, which make carpets resist stains (each is the trade name from a particular fiber manufacturer). Keep in mind, though, that no carpet is stainproof.

Although any carpet fiber can generate static electricity, shocks used to be a particular problem with nylon. Now, fine metallic or carbon fibers that dissipate the electricity are incorporated in some fibers.

Synthetic fibers come in two forms, staple and filament. Staple is fiber that's cut into short pieces, then spun like wool into yarn; it produces a bulkier yarn that simulates wool. Fibers can also be made in a continuous strand called bulked continuous filament (BCF). This extremely durable yarn doesn't shed, pill, or fuzz; it's often used in commercial and some home carpet.

Yarns come in many thicknesses, with new bulkier yarns increasingly popular.

Carpet types: Demystifying berber, plush, saxony, and the rest

Pile is the face of the carpet. Every style of carpet pile is made up of loops of yarn, ends of yarn, or a combination of the two. Here are all the basic styles.

Loops of yarn. *Level loop* is a smooth pile with tightly spaced, uniform loops. It's excellent for high-traffic areas. The yarn is usually fairly tightly twisted, and the loop rows are precise. It's primarily for commercial interiors.

Berber—originally a handwoven wool carpet—now means a looser version of level loop that uses a coarse, thick, color-flecked, multi-ply yarn. It can be wool or synthetic, and is usually set in a fairly uniform loop (though even some cut-pile carpet is referred to as berber).

Multilevel loop describes pile that sets loops in two or three heights, often to form specific patterns or designs. Carpet with this pile is often referred to as sculptured or carved loop.

Single-level loop wears better than multilevel, which tends to bend and crush until worn to the height of the lower pile.

Ends of yarn. Cut pile is prone to shading, that trick-of-the-eye color variation that occurs when pile is pushed one way or the other. It's most often caused simply by how light hits it, but can also come from wear, so consider this when you're making a selection.

Plush is low and even. The yarn has less twist, so ends blend in a smooth surface. This formal carpet, also called velvet plush, shows footsteps and can mat easily in high-traffic areas.

Textured plushes are generally taller and less dense; one of the more popular is *saxony.* It twists two or more yarns together, then heat-sets them to lock in the twist. You see each little end of yarn, rather than the continuous, smooth look of plush. *Frieze* has a really tightly twisted yarn with a low pile. It has a nubby look and is good for areas of high traffic.

Shag (a very small portion of today's market) employs long yarn tufts of vari-

PETER CHRISTIANSEN

ous lengths; it hides soil but can also hold dust. Shag (with its high, loose pile) and plush (with its close-cut, dense pile) are the opposite ends of the cut-pile spectrum.

Combination. *Cut and loop* is just what its name implies: a combination of cut pile and loop pile. It's manufactured in many different patterns and styles, and is often referred to as high-low because the pile height varies.

Random sheared is also a combination of cut and uncut loops, but all of the same height. It can give a plush effect but is better at hiding footprints and the like.

How is carpet made? That's a tuft question

More than 95 percent of carpet is tufted rather than woven. On a tufting machine, a row of needles threads yarn through a primary backing material, is pulled back through, and advances to the next row, creating a loop called a tuft. That tuft is either left as a loop or cut to create two yarn ends.

Pile height is the height of the tuft above the backing. Patterns (regardless of color) set in carpet can be a function of how the yarn is fed through the tufting machine. The machine can be programmed to create virtually any pattern by varying needle depth (along with fibers treated differently so they accept different dyes).

Space between needles on a tufting machine and the distance between tufts as the backing advances determine carpet density. A 15-foot tufting machine can have more than 1,400 needles along the needle bar (just over a thousand is most common). Needles per inch across and tufts per inch combine to determine tufts per square inch, the main indicator of density.

Dense tufting increases the support of each individual tuft; when yarns are packed tightly together, they hold each other up. This helps the carpet retain desired texture, crush resistance, and resiliency, and makes it more difficult for dirt to penetrate the carpet.

The primary backing—usually poly-

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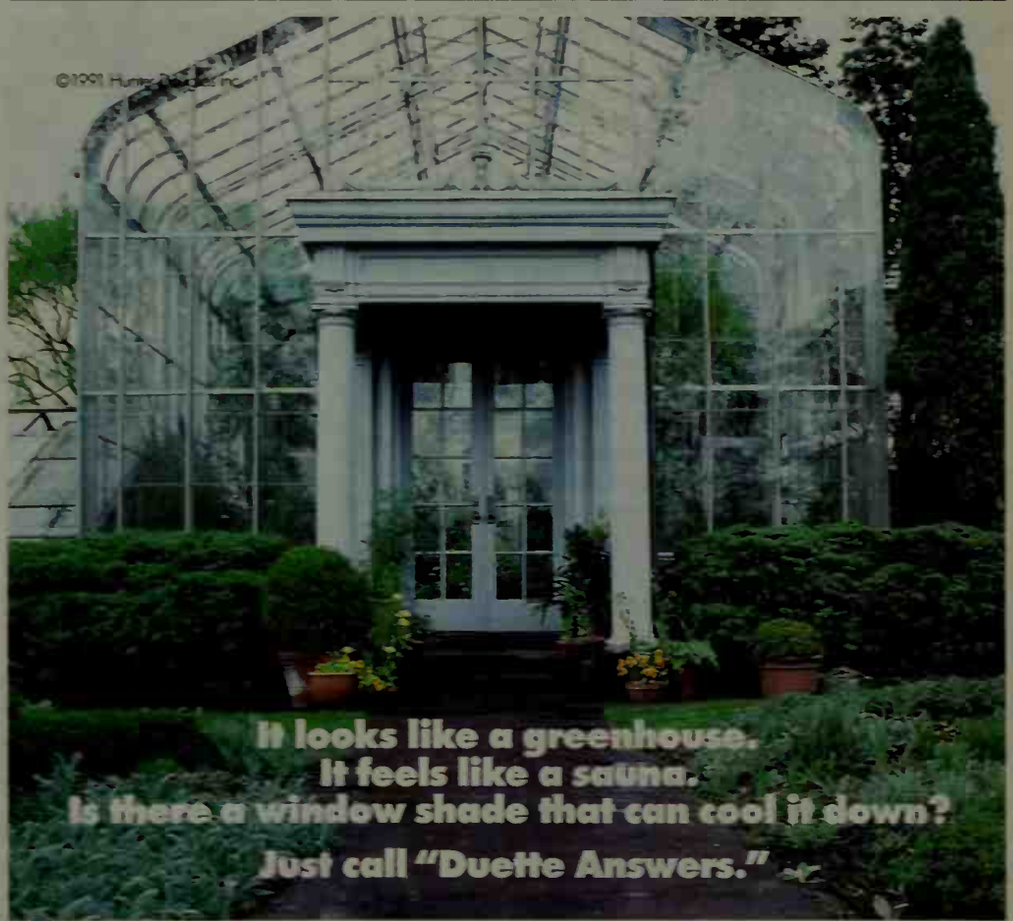
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propylene—runs through tufting machines. It's light for light colors, dark for dark colors. The secondary backing—usually woven polypropylene or jute—is glued to the primary backing after the carpet is dyed. That latex glue locks the tufts in place.

Today, more than 70 percent of carpet is made with undyed fibers, then dyed one or more rolls at a time to fill orders. Fibers can be pretreated to accept some dyes and reject others, so a multistep dye bath can yield a multicolored carpet set in a specific pattern on the tufting machine.

Most cut piles are finished with a shearing. They're then vacuumed and steamed to remove loose fibers and open the ends of the tufts. Loop piles are brushed and lightly sheared to remove small hairs.

At the store: Making the most of your newfound knowledge

Measuring. Measure before you go shopping. For nonuniform rooms, base estimates of dimensions on the deepest measurements, rounding up to feet. If you have blueprints or accurate room sketches, take them with you.

Know your budget. Think of amortization of cost; if you're planning on being in your house awhile, the increased investment now means you won't need to think about recarpeting quite so soon.

Density. Buy as dense a carpet as your budget will allow. Good carpet starts around $25 a yard, installed. You can buy different grades (densities) of the same carpet: you may find after comparing samples that the look is identical. Put money in high-wear rooms, halls, and stairs; put the cheaper grade in places like guest rooms.

Check density by bending a sample back to see how much backing shows. Tufts should be closely spaced, the closer the better. As you check density, also check the twist of the yarn—critical to high performance. It should be neat, well defined, not too open at the end.

Assuming fairly equal densities, level loop and frieze are most durable, followed by random sheared and saxony, then multilevel loop, cut and loop, and plush.

Weight. Pile weight is the weight of the yarn in ounces per square yard. Make sure it refers to yarn only and not backing. It's a good comparative measure. Compare the tufts per square inch of equal-weight carpet; take the more densely tufted one with the best twist to the yarn.

Color and texture. End use is the key. Traffic patterns, room use, and your color preferences are critical. Will it be a formal or a casual space? Consider children, pets, whether you'll eat and drink in the room, whether you entertain often, whether it has an outside entry.

Don't be surprised to find the carpet you like available in dozens of colors, with very subtle gradations. A good dealer can help you select to achieve the desired effect. You can use different colors of the same carpet to create borders, medallions, or other insets to define spaces within a room or open plan.

Colors look different in different lights. Take samples home (ask for as big a piece as possible). Check it under daylight and artificial light. Walk on it, stand on it, study it. Judge it against moldings, windows, wood, and upholstered furniture. Have swatches, pillows, and paint samples to compare it with. Figure out the nap, tuft, or pattern direction you prefer.

Because of new stain-reduction technology, colors that might have been an unwise choice a few years ago are feasible now. Most quality carpet uses stain-resistant fibers as a matter of course. Very light and very dark carpet are still both high maintenance—light carpets show dirt, dark ones show lint. As a rule, use darker colors or multicolor carpet where stains are likely; small patterns can also mask soiling.

Warranties. Do read the warranty to see which stains aren't covered. Make sure you understand all the information on the label. It will tell you about stain repellent, antistatic treatment, whether twisted yarns are heat-set (important if you're counting on tough wear characteristics), and what the warranty covers.

Most say the carpet will resist staining or show no more than 10 percent wear for a specified period (between 5 and 10 years), or the fiber manufacturer will replace that section of carpet.

Pads. These are critical. Get a good one; it will enhance and extend the life of your carpet. Synthetics now dominate the market. New urethane is best, but shredded rebonded urethane trimmings are most often used. Get at least ⅜-inch-thick padding; ½ inch is as thick as you should go. Pad density is critical and should be in

Perfect.

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ting on your receipt. Carpet warranties
n be void if padding of less than a
cified density (usually given in pounds
cubic foot) is used. It shouldn't be too
t or mushy. Make sure pad color is
ter resistant so it won't bleed into the
rpet after a spill.

Take a pad sample home too, and stand it and the carpet sample. Pad quality d thickness, as well as carpet density d pile height, affect sound transmis-on—the more the quieter.

aking your purchase: Pay ttention to all the details

Pricing. Find out what a per-yard quote ally means: does it include carpet, pad hat quality?), installation, and tax? oes installation include moving furni-re, removing and hauling away old car-et, doing stairs, removing new remnants, nd cleaning up? Does it include re-tretching carpet later? Can you keep remnants if you want to?

Get several bids; you should never have to pay list price. Wait for a sale if you have to; ask when it will be.

Seams and pile direction. Most carpet is 12 feet wide. If seams are necessary, they should be away from high-traffic areas. Ask how visible the seams will be. Pulled yarns can occur along incorrectly sealed seams. Make sure the installer will stand behind seaming and will come back to correct yarn pulls along seams. Berber particularly can be difficult to seam.

Patterned carpet requires extra carpet for matching at the seams; find out how much more.

Measurements. Ask the dealer to come out and measure before placing the order, diagramming how the carpet will be laid with respect to seams and pile direction.

Installation. Carpet must be stretched tight, or risk accelerated wear on the wrinkles. Insist that power stretchers be used (rather than manually operated "knee-kickers"). High-density carpet is more difficult to stretch; make sure the installer will restretch it if it relaxes after a couple of months.

Closing the deal. Get everything in writing; make sure receipt has style name, manufacturer, fiber content, color name, yards installed, and other pertinent information—particularly warranties. Everyone should stand behind it—fiber manufacturer, carpet mill, dealer, installer.

That new carpet smell. It comes from the latex backing (today's carpets don't contain formaldehyde). With proper ventilation, the smell should dissipate within 72 hours.

Maintaining your investment: Vacuum, vacuum, vacuum

No kidding, one carpet industry group recommends *daily* light vacuuming (three strokes—forward, back, forward—over a given area) and *weekly* heavy vacuuming (seven or more strokes). One fiber manufacturer is more lenient—two lights and one heavy per week. And move the vacuum slowly. Get the picture?

Why? Dirt is what ages carpet; the soil discolors it, and the deep-down grit literally wears it away. Put carpet runners beside cars in garages, outside back doors, anywhere you can wipe your feet before they hit the carpet.

Carpet naturally gives up fiber fragments, especially when new; they're not a problem. Cut off sprouts and snags. If cleaning pulls up an occasional tuft, cut it off, don't pull it out.

You can raise crushed pile (under furniture, for example) by spraying it with a little water, then making pile stand up with a brush or using a dull edge like a coin or a teaspoon while drying with a blow dryer. Don't touch synthetic carpet with hot appliances or irons—whereas wool might scorch, synthetics will melt and fuse into a permanent, blobby scar.

Deep-clean once every 18 months. Make sure the cleaning method is approved for your type of carpet. Some fading takes place naturally with exposure to air and light, but it can also be caused by soil; cleaning may bring back color. With steam or other wet cleaning, take care not to let the carpet get too wet; backing could shrink, bleed into the carpet, or start to smell—and wet carpet gets dirty again faster.

Water is still the usual first choice; try it first on spills. Blot, don't rub; use clean white rags or towels. Avoid detergents; they can leave a residue that acts as a magnet for dirt. Even spills on stain-resistant carpets are more effectively removed when treated quickly. Remove excess material, blot the stain, soak with water, and then blot out flooded surface.

You'll get a wealth of care guides with your carpet; they're worth reading, particularly for details on removal of specific kinds of stains. □

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LIVING ROOM assembly yields chair and footstool with compression-molded laminated beechwood frame, clear lacquer finish. Padded leather panels are preassembled on steel frame. Chair $200, ottoman $100

FOUR-FOOT CHEST is ash veneer over particle board. Clear lacquer covers red transparent stain; $350

CHAD SLATTER

READY-TO-ASSEMBLE FURNITURE COMES OF AGE: HERE'S WHAT TO LOOK FOR

WHAT COMES in a box, can be assembled as easily as Tinker Toys, and represents the fastest growing segment of the furniture business today? The answer is ready-to-assemble furniture, known as RTA.

Descended from the cheap and flimsy "knock-down" furniture of a decade ago, RTA has evolved to offer high style coupled with instant availability and quality construction at good prices. Rare now are bags of loose—or missing—hardware, peeling veneers, gaping joints. Increasingly, quality goes in at the factory. And the range of styles has never been broader.

These days, besides discount and office supply stores, retail furniture and specialty stores are displaying RTA alongside factory-assembled furniture. Mail-order companies are getting into the act as well, tending to specialize in smaller storage pieces and outdoor furniture.

Whether you're stocking a new household or a vacation home, filling newly built spaces or updating old rooms, here's what to expect when considering RTA.

Solid savings, instant gratification

Prices for RTA run up to 30 percent less than for comparable factory-assembled pieces. Freight costs account for most of the difference because RTA packs flat. One manufacturer, for example, can pack 28 RTA chairs to a shipping pallet versus 6 similar assembled chairs.

Manufacturers also shop around to sharpen their competitive edge. A drop-leaf table's rosewood veneer may come from Indonesia, its hinges from Germany, and the joinery from the U.S.

And, because flat-packed RTA takes less space in a storeroom, a retailer is more likely to have your selection in stock. This means you can assemble and enjoy RTA the day you buy it, instead of waiting weeks or months for delivery.

Broader selection in style and size

Having captured a big chunk of the home office and entertainment furniture

(continued on page 114)

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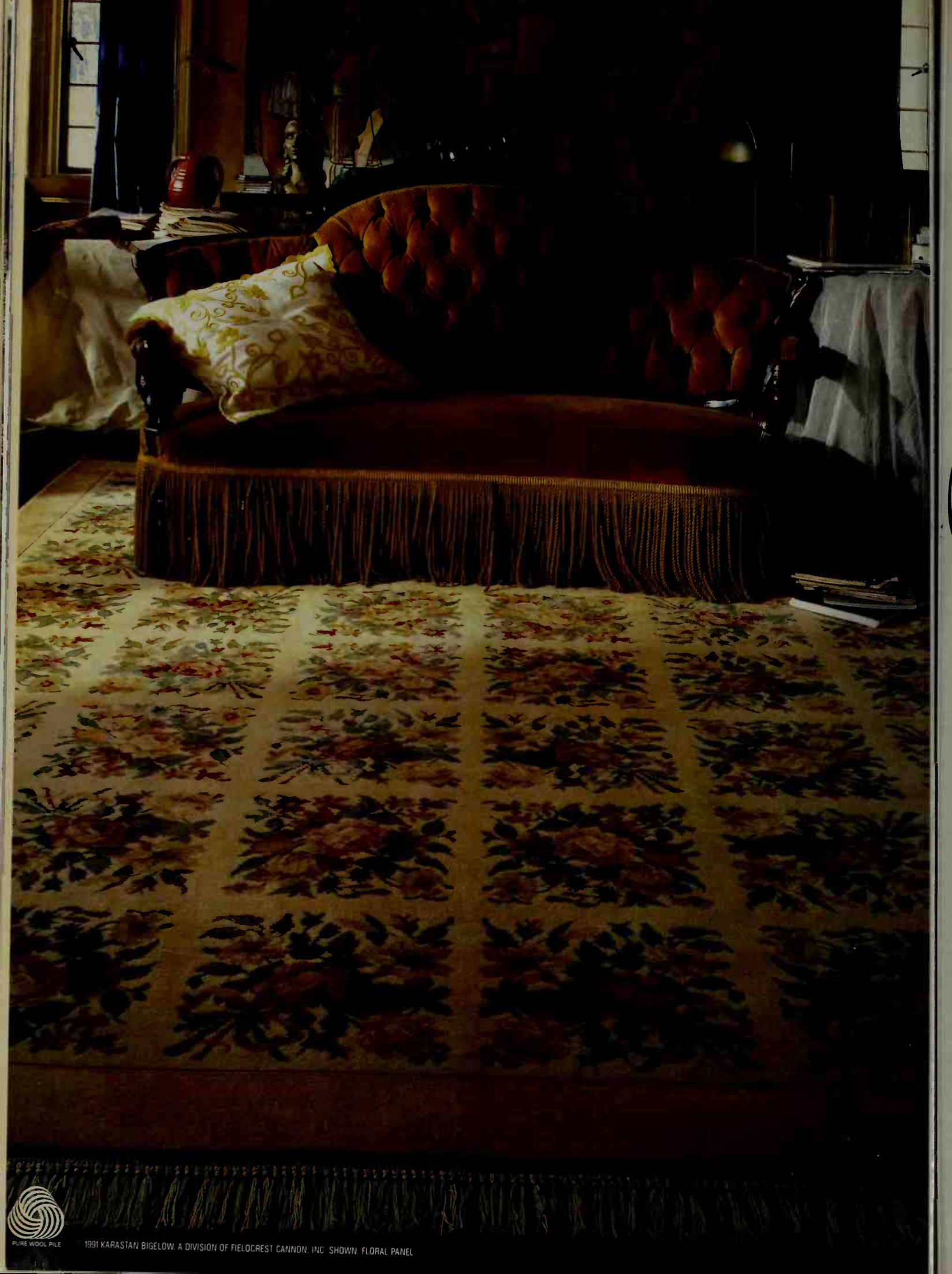

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market, RTA is rapidly expanding into the living room, dining room, bedroom, kids' rooms, kitchen, and bath. Outdoor RTA, made of enameled metal or solid hardwoods, is engineered to stand up to wind and weather.

RTA makers are also thinking bigger these days: king-size beds, large armoires, mammoth bookcases and entertainment centers. This is good news for homeowners who can't fit large assembled pieces through doors or up stairs.

Improved construction, style, finish

The commonest materials used in RTA construction are particle board and—coming on strong in the last five years—medium-density fiberboard (MDF). You also find elements of solid wood, steel, brass, marble, glass, and other materials.

Both particle board and MDF are cheaper and more environmentally sensitive than solid wood because they make use of more of the tree and can use smaller second-growth timber of poorer quality. Also, they provide a better core for RTA because their uniform composition and density preclude warping.

You'll find solid wood used mainly for chair, bed, and table legs, rungs, spindles, trim pieces, and sometimes underframes and cross-braces. The metals turn up in chair, table, and bed frames; marble and glass as tabletops.

New manufacturing techniques, such as layer-glued (laminated) assembly and compression molding, have freed manufacturers to experiment with rounder contours—as you see in some curvy contemporary wood chairs—and embossed surface detail. At RTA's higher end, you'll find handsome copies of designer furniture for prices that let you indulge in a trendy piece you might not otherwise spring for.

QUEEN-SIZE BED has solid maple frame, headboard, and footboard with hand-rubbed oil finish; $550

MARBLE tops solid pine table (29 by 59 inches) with clear lacquer finish; $400

CHAD SLATTERY

TWO-PART HUTCH with self-closing hinges is 6½ feet tall. Ultraviolet-cured lacquer covers medium-density fiberboard. Base $350, top $400

Upholstered pieces represent the newest wrinkle in RTA. Chairs with a platform frame, bolt-on arms, and loose cushions are the most successful in terms of comfort and esthetics. Some larger upholstered items suffer on both counts.

Improved finishes—tough and sometimes downright elegant-looking—are making it harder to tell assembled RTA from conventional furniture. Here's a rundown on common finishes in descending order of cost.

Real woods. The look of solid wood is currently very popular and commonly found in higher-priced living room, dining room, bedroom, and kitchen furniture, as well as in entertainment systems.

Wood veneers, ranging from pine ash, beech, birch, bird's-eye maple, ar exotic hardwoods, vary in thickness fro 1/64 to 1/16 inch, but thickness does n necessarily guarantee quality. More in portant are how well grain patterns strips match, and how strips meet edges. Cheapest and least durable a butted edges; most durable are bevele edges and edges where veneer strips bu to an inset block of hardwood.

A coat of clear ultraviolet-cured lac quer can increase scratch resistance.

Lacquers. From high gloss to mat, lac quer finishes are popular on living roor and bedroom furniture, as well as on bet ter home office and entertainment pieces

A smooth subsurface is obtained b bonding a thin laminate to the composi tion core. Then as many as six coats o lacquer go on. European lacquer technol ogies, including a two-component (epoxy like) process and a UV-curing technique produce finishes that are extremely lumi nous and durable.

Lacquer finishes (usually black, bu also red, white, and blue) over meta frames yield a high-tech look, most avail able for living room furniture, kids' beds and storage units. Two-part epoxy and baked powder-coated lacquers both pro duce tough, chip-resistant finishes.

Laminates. Widely applied over a composition core, laminate surfaces are popular for storage units, as well as midpriced furniture for every room in the house.

Melamine, a resin-impregnated material, is heat-fused on to produce a surface that's comparable to kitchen-counter laminate in resistance to heat, household spills, and abrasion. Vinyl laminates are less tough and lower priced.

Printed foil veneers. Paper-backed foil veneers—mimicking wood grain or in solid colors—appear chiefly on low-end office and entertainment furniture and yield a good look for the price. Their look has improved greatly, thanks to more accurate photo reproduction, and many are now embossed to show grain pattern. They are less durable than laminates because they are rolled on rather than heat-fused; often foil-veneered legs and side panels appear in conjunction with melamine top surfaces.

Most paper veneers are impregnated with plastic for durability.

Easier assembly, first-class joinery

One reason that one in three furniture buyers in the next 30 days will choose RTA is the ease of assembly behind the good looks.

At the low end of the price range, you'll still find pieces you assemble with long screws and an Allen wrench, and holes you cover with plastic tabs. However, built-in and often hidden joinery is fast becoming an industry standard.

Camlock assembly systems, consisting

I wasn't asking for anything unusual. A pretty standard size window, actually. But most companies' idea of standard means run-of-the-mill. Then I talked to Marvin, and do you know what their answer was?

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ARMCHAIR in Queen Anne style is solid cherry with clear lacquer on mahogany stain; $230

CHAD SLATTERY

of male and female fittings—in steel or high-impact plastic—are installed at the factory. You simply snap components together, then turn a screw or bolt to lock a tight-fitting joint. A trend toward fewer parts and more preassembled components (such as drawers) also helps make RTA more user-friendly.

Buying and assembly tips

Look for a retailer with space to display assembled RTA, and time to explain it.

If you're buying an entertainment center or personal computer console, check the shelf depth to make sure the piece is scaled to your future as well as present needs. Consider the flexibility of a design—can you add components or doors later to customize further?

If you want furniture for a seldom-used spot (like a guest room) or for a relatively short period (as in a child's room), you may get by with lighter construction or a less durable finish. But don't be afraid to rattle a piece to test sturdiness.

You pay more for hidden closures than for those masked with plastic tabs. Also, some closures do not easily disassemble—important if relocation might be an issue.

Several manufacturers now claim their products can be assembled in 30 minutes or less. Study assembly time estimates and instruction sheets before buying (imported items may bear cryptic or pictorial instructions). Many retailers will assemble RTA for a minimal fee.

Before you buy a piece, ask if there have been customer complaints. How are problems of missing or defective parts handled? Check warranty provisions. Many manufacturers maintain 800 numbers you can call if you need help.

Before you start assembly, *make sure* your kit is complete and parts are free of scars or defects. A dealer may ask you to return an incomplete kit rather than replace a single part.

To avoid scratching fine finishes, spread a blanket on the floor before you set to work. If a closure doesn't fit, don't force it; doublecheck to make sure you're matching the right pieces.

Furniture pictured is from STØR and The Bombay Company. □

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HAPPY COLORS found in the folk art and crafts of Africa, Guatemala, Mexico, and the American West weave through the furnishings of this family room. To handle heavy use by both children and adults, the homeowners asked Los Angeles designer Leslie Harris for a room with seating for a dozen or more, and with a lively mood that would evoke memories of favorite family vacations.

Harris laid out a furniture plan with two seating clusters, located to accommodate traffic through the room. (One side opens off the entry hall, the other toward dining room and kitchen.)

In one cluster, an armless four-seater sectional sofa wraps around a corner. Perpendicular to it, a one-arm sofa, which ties visually with the casual armless pieces, invites stretch-your-legs lounging. A durable red leather armchair and easy-to-move upholstered ottoman complete the seating group.

The second cluster centers on a three-seat armless sofa that fits into a window bay. Flanking it are a pair of low-slung upholstered armchairs.

Harris chose high-quality upholstered pieces but covered them with a vibrant palette of inexpensive fabrics, which can be replaced guiltlessly as changing taste and wear dictate. Solid-hued cotton duck and striped Guatemalan yardage cover the furniture, while cotton duck and African weaves enclose accent pillows.

For each seating area, Harris designed a geometric coffee table surfaced with black and white plastic laminate. In the window bay, two laminate-covered plywood triangles also form end tables that bear table lamps and pieces of Southwest pottery.

Throughout the room, Harris used gray, white, and black as foils for all the bright colors. A large area rug ties the room together: from several neutral shades of standard, off-the-roll, stain-resistant carpet, she pieced cutouts into a custom-designed patchwork rug. □

GLENN CHRISTIANSEN

ABOVE, soft-sculpture wall hangings by artist Debra Banyas show off fisher-cats and a carrot-catching rabbit

FAR LEFT, in window bay, neutral shades of armchairs and patchwork rug frame vivid colors of sofa and Mexican carved dog

LEFT, pigskin-and-cedar stools are souvenirs of a New Mexico vacation. Made in Mexico, they were painted north of the border

SIMPLE LINEARITY marks architecture and furnishings. Metal shafts of floor lamp repeat vertical rise of chimney. Metal legs lift sofas with sailcloth upholstery off floor, emphasizing horizontal lines that unify room. Rough-cut marble coffee table complements neat geometry of other pieces

JAGGED MARBLE partition, which screens bath, reflects in mirror behind sink. Black-rimmed maple storage unit separates bathroom, with its primary accents, from adjacent bedroom

PETER CHRISTIANSEN

GOOD-BYE TO A BOXY, "BORING" HOUSE

HOW DO YOU GET greater flexibility, spaciousness, and character into a boxy 1960s house? San Francisco designer Carolyn Van Lang answered, "With spare structural change, streamlined furnishings, and neutral color."

Her living room—a cramped rectangle—had to double as a hall from the entry to other rooms. She borrowed space from an adjacent bedroom and made the enlarged room work harder. It's still rectangular, but it now has space to separate sitting areas from traffic flow. You enter at a corner and cross between two sitting areas: one defined by a fireside window seat, the other by a sofa and armchairs.

One of the house's few distinctions—black metal window mullions—suggested Van Lang's paint and furnishings. To promote horizontal spaciousness, she selected furniture with an eye to how it met the floor: all pieces rise on thin legs, so they don't interrupt the floor plane. She also wanted furniture to complement the new black-trimmed fireplace wall, where a futon can convert window seat to guest bed.

She kept most colors muted—black for metal elements; neutral for fabric and walls; natural wood for floors and cabinetry—and used primary colors for accents.

Upstairs, in a new bedroom and bath, Van Lang maximized space by linking the rooms. A marble slab, a counter holding the sink, and a ceiling-hung mirror function as sculptural space dividers. Warm tones of wood and marble contrast with crisp black and white, and with colored fixtures and checkerboard towels. □

Other wood windows have vinyl-clad exteriors that expand, contract, and can eventually crack. Pella's sturdier aluminum cladding has 3 coats of baked Permacoat™ finish available in 4 standard colors.

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CELEBRATING A CENTURY WITH A FRESH PALETTE OF SUN, SKY, AND GARDEN COLORS

GLENN CHRISTIANSE

GARDEN PATIO serves as a casually furnished outdoor room

LACE-TRIMMED linens, curly iron bed, and white woodwork look crisp and fresh against violet-blue walls

TRUE TO its Victorian roots, this 1890s bungalow retains a formal floor plan of defined rooms. But to celebrate its century mark, owners Elaine and Steven Paul updated it with a fresh palette of sunshine, sky, and garden colors.

The newly painted rooms set off the Pauls' furnishings, which attest to their love of fine woods and antique styles.

A framework of oak and white

Shunning the darkness characteristic of Victorian interiors, the Pauls refinished oak-strip floors throughout the house in a natural golden shade. This floor treatment helps give a sense of spaces flowing smoothly from one to another, a sense furthered by the use of semi-gloss white paint on all woodwork, regardless of neighboring wall color.

Hues chosen for wall color draw the eye from one room into the next, and on toward the outdoors. Warm tints of pale sunflower and lemon in the living room, library, and sunroom contrast with cool tones of sky blue and periwinkle in dining room, bedrooms, and kitchen.

For floor coverings in the living and dining rooms, the Pauls ordered large, ready-made sisal rugs from store catalogs. The rugs add texture without adding distracting color that would make the rooms feel smaller. The only room with a decorative rug is the library, where a Victorian-inspired floral design on a black field carpets the floor in wool, enhancing the room's cozy feeling.

Elsewhere—in bedrooms, sunroom, and bath—the Pauls scattered small rag

FREESTANDING marble-topped cupboard can serve as a buffet next to formal dining room

NEOCLASSIC styles in Western woods mark living room furniture. Mesquite armoire has black ironwood details. Curved lines of leather-seated cherry armchair echo those in upholstered sofa

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Sears has Traffic Control in a wide array of colors–from serene to sassy

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GLENN CHRISTIANSEN

STICKLEY-INSPIRED high-back armchair is a library companion to cherry bookcase. On top stands a collection of white 1930s pottery

MARBLE-TOPPEI side table in dinin room show: gracefulness o Queen Anne styl

WICKER pieces furnish casual sunroom. Rag rugs add color to black-and-white scheme

rugs bought from import stores and ordered from catalogs.

Period styles in Western woods

Serious students of antique furniture styles, the Pauls have blended references to England's 18th-century Queen Anne, Germany's 19th-century Biedermeier, and this country's early 20th-century Craftsman styles. What the furnishings have in common is an elegant look, a lightness of line, and a simplicity of design that combine to work well in relatively small rooms.

What the furnishings also have in common is superb craftsmanship in native woods. Biedermeier-inspired pieces in the living room boast book-matched panels of mesquite, graceful curves of cherry, and details of black ironwood. Languid lines reminiscent of Queen Anne pieces mark the dining room's mesquite chairs with tapestry seats that surround a cherry table topped with black marble.

In the library, mesquite and cherry appear again in furniture inspired by the Craftsman forms of Gustav Stickley and Greene and Greene. By casual contrast, sunroom furnishings are import-store wicker—a practical nod to that material's burst of Victorian popularity.

The Pauls have carefully chosen art and accessories. A delicate Victorian bamboo-and-lacquer tray table complements the living room armoire. A contemporary painting echoes the curves of dining room chairs. Mesquite picture frames tie in with furnishings throughout.

Interior and furniture designs were by Arroyo Design, Tucson. □

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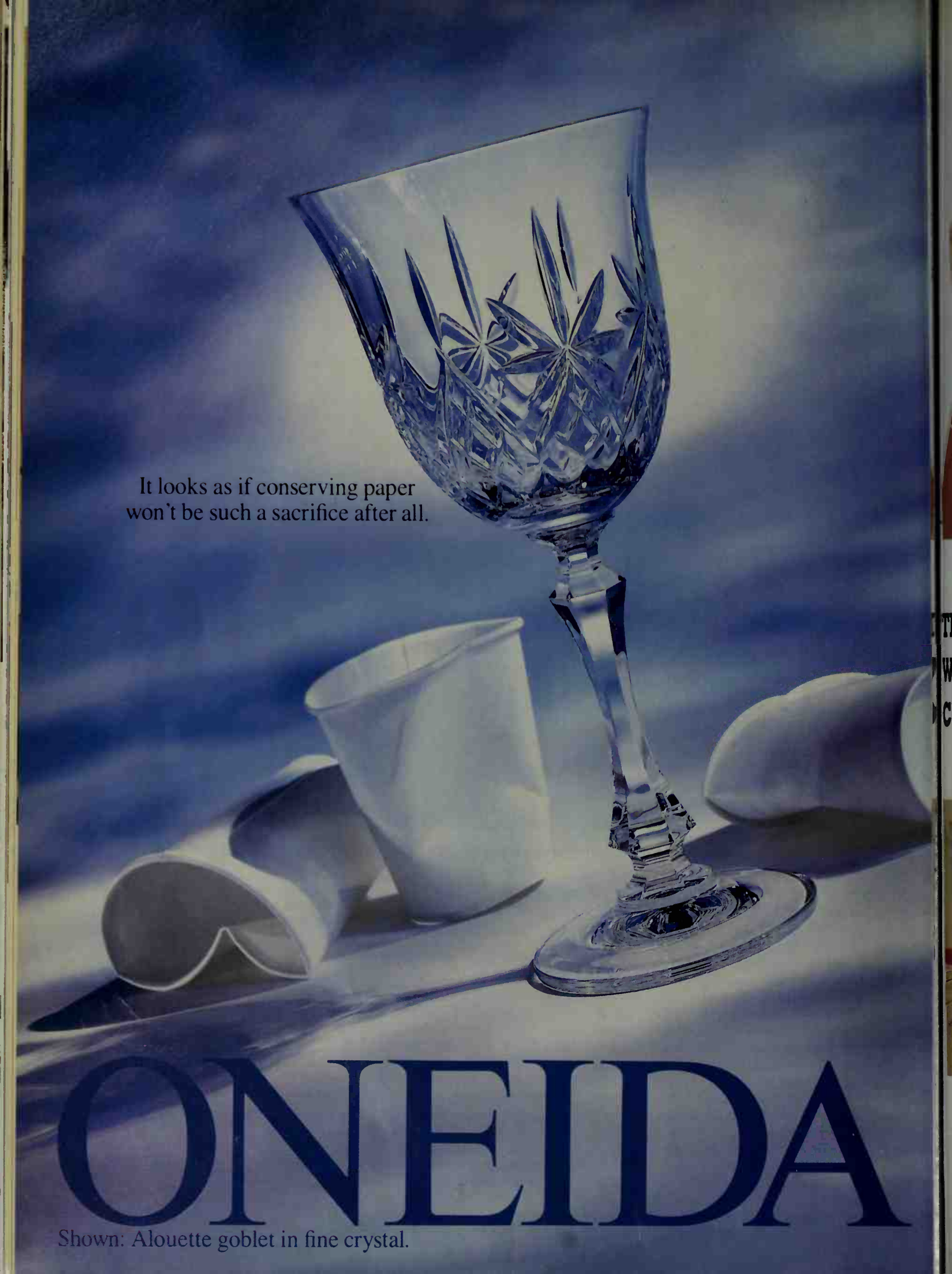

It looks as if conserving paper
won't be such a sacrifice after all.
ONEIDA
Shown: Alouette goblet in fine crystal.

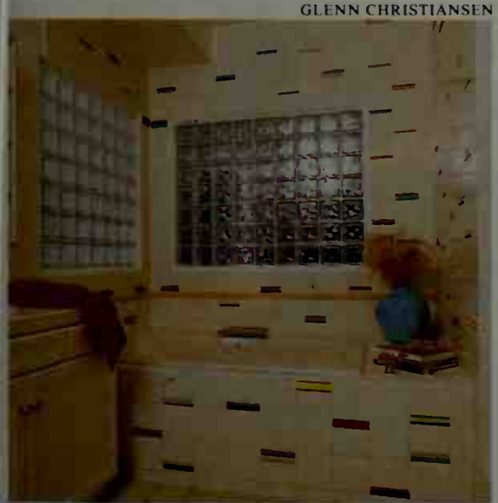
MOSAIC risers perk up staircase and baseboard of earthy paver tiles

THE RAINBOW WORLD OF CERAMIC TILES

PASTEL whimsy of mantel and mirror frame blend with earthenware hearth

CHAD SLATTERY

GLENN CHRISTIANSEN



LIKE CANDY BARS of color, two or three accent strips fit into spaces where white field tiles have been cut to allow them

DELICIOUS-LOOKING wafers of color and texture, today's decorative ceramic tiles offer as much enticement as confections on a holiday buffet. Never have consumers faced a wider array of hues (solids to hand-painted designs), glazes (mat to metallic and iridescent), and surface textures (glassy, pebbly, molded, sculpted).

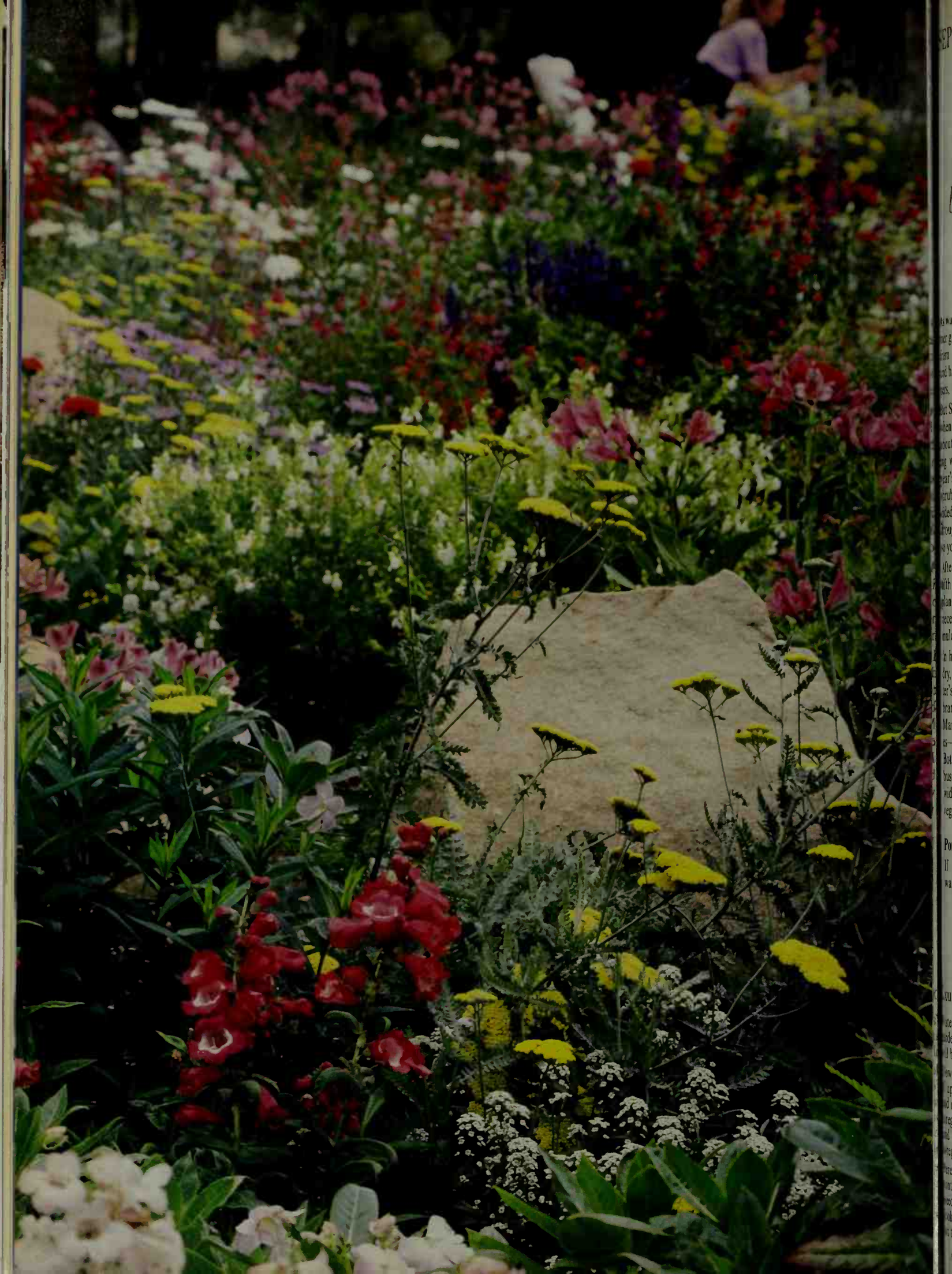
Unlike decisions on paint and fabric, ceramic tile—once installed—is not so easy to change. But as the examples pictured here suggest, tile choice need not confine you to a narrow palette. To try a multicolored scheme, start with a color-pencil sketch of your design.

The risers of the steps shown above use 2- and 4-inch-square wall tiles—installed whole, cut, and broken. In the bath at left, 6-inch-square wall tiles provide the field, a double row of cord-shaped peach tiles the main accent. "Anything goes" guided the choice of other flat and molded strips in many widths and colors.

The fireplace remodel retains a 1930s hearth of earthenware tiles by the renowned Pasadena craftsman Ernest Batchelder. Neutral-toned 4-inch squares, installed checkerboard-fashion, climb to the mantel, where squares, rectangles, and triangles of pastel shades bring the fireplace into the 1990s.

For tips on tile-cutting tools and installation, consult *Tile Remodeling Handbook* (Sunset Publishing Corporation, Menlo Park, Calif., 1987; $8.95).

Designs were by Kaye Secomb, VanMartin Rowe, and Liz Armato. □



SEPTEMBER IN YOUR GARDEN:

Time to switch gears. September begins the big fall planting season . . . especially for unthirsty plants

As warm days linger into fall, so do summer garden chores: snipping spent flowers from blooming annuals and perennials, and harvesting such crops as melons, peppers, squash, and tomatoes.

But September is also a transition month, when gardeners switch gears and think about fall planting. Nursery bins are filling with bulbs, and soon it will be the year's best time for putting in trees, shrubs, and ground covers. If you've decided to convert part of the garden to drought-tolerant plants, make plans now so you'll be ready to plant in October.

After another long, dry summer in this fifth year of drought, valuable landscape plants may be showing signs of stress; as necessary, deep-water them and renew mulches.

In hill country, conditions could be *very* dry, creating real fire hazards. Last winter's freeze created an abundance of dead branches and brush, and late rains in March cloaked hillsides with lush grasses—now turned golden and crackling dry. Both provide dangerous fuel. Clear combustible materials from at least a 30-foot-wide zone around the house; don't let vegetation touch the house.

Portable drip saves water

If your trees are suffering after a dry, water-rationed summer, the portable drip system shown at right may help save trees and water. Owen Dell designed this system to deep-water trees when landscape water use is restricted. He connects the system to a hose and runs it at the trees' drip lines. Last summer, he watered drought-stressed trees growing in clay-loam soil 10 to 14 hours a day for several days in a row; the system delivers 30 gallons of water per hour.

To make the system, he spaced 30 1-gph emitters 3 feet apart along 100 feet of ½-inch polyethylene drip tubing. He closed off one end of the tubing with a figure-eight end clamp. The opposite end, attached to a hose, is equipped with a basic drip setup, including a pressure regulator, Y-filter, and fittings. A hose-thread vacuum breaker is screwed into the faucet to prevent backflow. Total cost of supplies was roughly $50. When not in use, the drip line is coiled for storage.

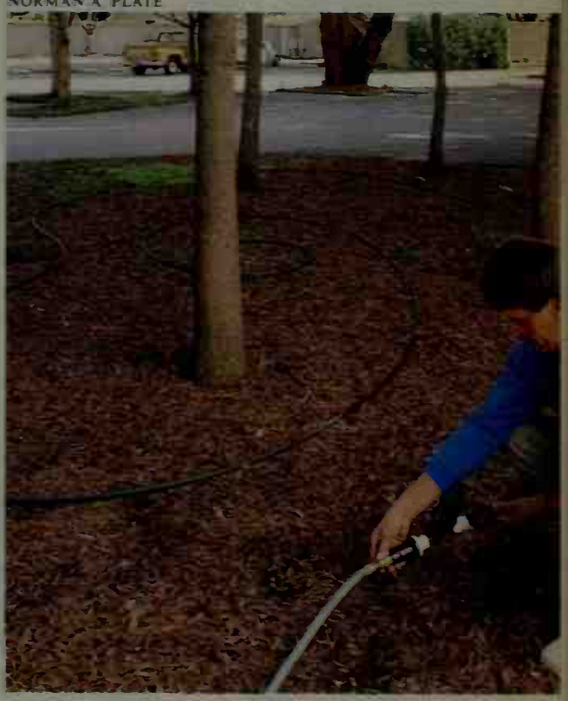
Another use for row covers

A California gardener recommends to us another use for floating row covers, most often used as blankets to trap heat and speed plant growth. He uses 17-inch squares of the spun-bonded polyester type to cover rose flowers. "It protects them from insects, dew, sunburn, deer, and wind damage," he says.

The effect isn't pretty. But if you're trying to produce a perfect rose, or you've been plagued by nibbling caterpillars, beetles, or deer, covering flowers (or entire plants) might be the ticket. A 6- by 20-foot roll of fabric costs less than $10.

Sunset's
GARDEN GUIDE

NORMAN A. PLATE



***Portable drip system**, connected to garden hose, deep-waters trees. Between gardener's hands, brass fitting connects black pressure regulator; Y-filter juts from line*

Exuberant color next spring . . . if you plant this month

Water-thrifty perennials chosen for color and cutting brighten this informal garden in spring and summer. Planted in fall from gallon containers, flowers will bloom profusely next year.

Flowers for cutting are yellow yarrow (*Achillea*), lilac *Aster frikartii* (right of upper boulder), white Shasta daisies (background), pink alstroemeria (left and right of large boulder), and red and white garden penstemons (left foreground). Perennials added for color are purple mealy-cup sage and red and white *Salvia greggii*. Naturalized annual white sweet alyssum (right foreground) weaves through the garden.

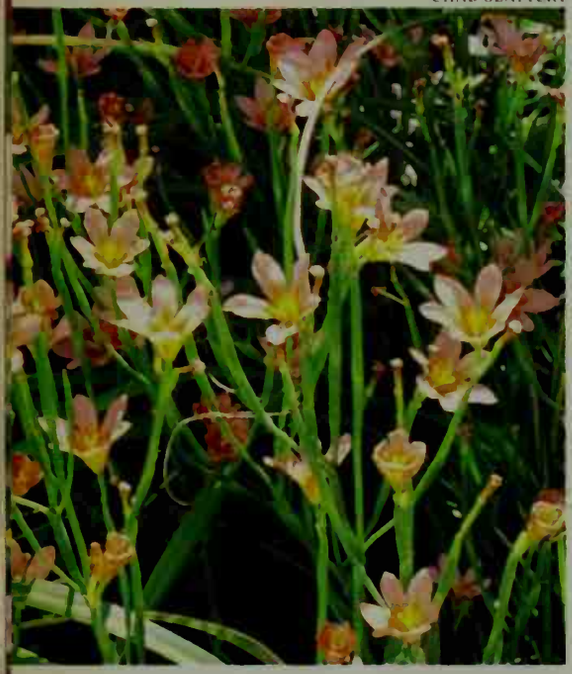
Perennials are available in nurseries this month, mostly in 1-gallon containers. Water well to establish them, and supplement winter rains as needed. Once established, perennials will tolerate some drought, but most look best with summer water, generally every two weeks inland and monthly on the coast.

Homeria . . . for a spring color splash

Planted in the fall, homeria—native to southern Africa—will brighten your garden next spring with 2-inch-wide yellow or orange flowers. Stems up to 2 feet tall bear numerous buds, which open in succession over several weeks in March, April, or May. The poisonous grass-like leaves die back during the summer, when

Sunset's GARDEN GUIDE

CHAD SLATTERY



In spring, *Homeria collina flowers burst from fall-planted corms. Bloom succession lasts several weeks*

the plants are dormant (plant where dying foliage won't be an eyesore).

For a strong display, plant in well-drained soil in a sunny location (part shade in hot, inland areas), spacing corms 2 to 3 inches deep and about an inch apart. In proper conditions, with no summer water, plants naturalize by seed and cormels (baby corms). Be sure to water if not enough winter rain falls.

Starting this month, you'll find homeria in nurseries. Yellow and orange *H. collina* (often sold as *H. aurantiaca* and *H. ochroleuca*) is the most common.

Homeria also makes a good cut flower. Look for corms at the nursery, or try one of these mail-order sources: Anthony J. Skittone, 1425 Eucalyptus Dr., San Francisco 94123 (catalog $3); or BioQuest International, Box 5752, Santa Barbara 93150 (catalog $2).

Garden sage for edible color

Variegated garden sage (*Salvia officinalis* 'Tricolor') is more than just a staple for the cook's garden. Its preference for dry soil, along with its beautiful white and green foliage (new leaves are tinged pink), has eased this plant into many flower gardens.

Tricolor sage has all the culinary qualities of its all-green counterpart but also makes an unusual garnish on meats, salads, and vegetables; you can dry it for a fragrant addition to a potpourri, or grow it just for its good looks. In the garden, combine it with other perennials in borders, containers, or rock gardens.

It grows 2 feet tall and bears spikes of fragrant violet-blue flowers (good for cutting) in early summer. Place in full sun with well-drained soil; heavy soils should be amended with organic matter. Cut back after bloom and fertilize during growing season if sprigs are cut frequently for the kitchen.

Clumps become overgrown and need dividing every three to four years. 'Tricolor' sage is available at nurseries in 2- or 4-inch containers; prices range from $2 to $4. Or try mail-order sources such as Taylor's Herb Gardens, Inc., 1535 Lone Oak Road, Vista, Calif. 92084; (619) 727-3485.

In borders or kitchen gardens, *variegated leaves of tricolor sage (Salvia officinalis 'Tricolor') add lively contrast; use in cooking as you would all-green sages*

Curing ornamental gourds

If you grow ornamental gourds such as bottle, penguin, or turban, here's how to preserve them. First, harvest them at the right time—when the stem dries and begins to turn brown, and leaves start to die (where winters are cold, harvest before frost).

After harvest, wash the fruit, using a mild chlorine bleach solution (1 ounce bleach to 2 quarts water), and dry with a soft cloth. Throw out any bruised, diseased, or damaged fruit. Place dry gourds on slatted shelves or in open-mesh bags such as onion bags, making sure they don't touch one another. Cure in a warm (50° or higher), well-ventilated area out of strong sunlight (sunlight can discolor bright gourds).

Curing can take six weeks to six months, depending on the type and size of gourd. The outer skin can harden in two weeks (but may take longer); internal drying takes at least another month. Poking a small, wire-size hole in the blossom end will speed drying. Check fruit periodically for uneven drying or soft areas. If mold appears, scrape it off with a wire brush and bleach again. When you shake the gourd and hear the seeds rattling, it's cured and ready to use for crafts or decorations.

New brochures on tree care

As part of its Consumer Information Series, the International Society of Arboriculture has published three new brochures providing answers to questions about basic tree care. The free brochures present easy-to-read, concise information accompanied by helpful diagrams, covering basics such as inspections, fertilization, pruning, planting, diseases, and insect problems.

Look for *Planting a New Tree, Insect and Disease Problems,* and *Care of the Mature Tree* at displays in participating garden centers. Or write to request a set from the International Society of Arboriculture, 303 W. University Ave., Box 908, Urbana, Ill. 61801. □

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Sunset's SEPTEMBER CHECK LIST

Here is what needs doing this month

☐ **Care for lawns.** After a dry summer, cool-season lawns such as bluegrass, fescue, and rye can be renovated. Dethatch, aerate, and fertilize with a complete fertilizer such as 20-5-10. If you don't use the lawn, think about replacing all or part of it with plants that require little water. Where water is still rationed, hold off renovating until early spring (and hope that water will be available then).

☐ **Control pests.** Mites are a likely problem this month. Control them by spraying with light horticultural oil or sulfur. Or try predatory mites, available from suppliers of beneficial insects.

☐ **Divide perennials.** Now through October is a good time to divide many perennials that are either overgrown or not flowering well. Perennials can also be divided to make more plants for your garden. Use a spading fork to lift and loosen the clumps.

With a sharp knife, cut sections through soil and roots of plants such as agapanthus, candytuft, coreopsis, daylilies, penstemon, and Mexican evening primrose.

☐ **Fertilize.** Flowering annuals, perennials, and fall-planted vegetables should be fertilized for a strong start. Incorporate a complete fertilizer at planting time, and follow up in three to four weeks.

☐ **Harvest melons and squash.** As melons start to ripen, check them daily. On cantaloupes and muskmelons, look for thick, corky netting, gold to tan coloring, and a crack forming between melon and stem (fruit should slip easily from stem). Crenshaw and honeydew melons are ready to pick when the skin feels waxy. Winter squash are ready when the skin is hard.

☐ **Make compost.** As summer flowers and produce give way to new plantings, add debris to a new pile for building soil next spring. Work compost you've made this summer into the soil wherever you'll be planting this fall. Use to top-dress around fine-textured perennials and small shrubs.

☐ **Plant annuals.** Take advantage of the summer's last warm days to get winter flowers going; they'll bloom better during upcoming cool weather and next spring. After midmonth, sow seeds of California poppy, clarkia, and *Dimorphotheca.* Or buy nursery transplants. Set out calendula, Iceland poppy, larkspur, pansy, primrose, snapdragon, stock, and viola. Near the coast, try cineraria, mimulus, and nemesia.

☐ **Plant perennials.** After summer heat subsides, plant campanulas, candytuft, coreopsis, delphinium, dianthus, foxglove, gaillardia, geum, penstemon, Mexican evening primrose, phlox, salvias, and yarrow. Nurseries will have sixpacks, 4-inch pots, and gallon cans.

☐ **Plant vegetables.** In the fog belt, set out cool-season vegetables now. Plant beets, broccoli, Brussels sprouts, cabbage, carrots, cauliflower, celery, chard, garlic, leeks, lettuce, onions, peas, radishes, spinach, and turnips. In warmer areas inland, wait until after the middle of the month.

☐ **Prepare to plant.** If you're planning to relandscape or add to an existing landscape, get ready now. Clean planting areas and till soil, adding amendments and a complete fertilizer if necessary. Before planting, water to sprout weed seeds, then hoe or spray with herbicide to eliminate weeds.

☐ **Shop for bulbs.** Buy early to get top-quality bulbs. Choose bulbs that are firm, without soft or moldy spots. Try adding more drought-tolerant types such as *Homeria* (see item on page 131).

Buy hyacinths and tulips now, but wait until November to plant; store the bulbs in the refrigerator until planting time. Before planting any bulb, work a controlled-release fertilizer into the bottom of the hole.

☐ **Water.** September can be one of the year's hottest months. Watch plants for signs of water stress, especially rootbound container plants, which dry out quickly.

If you garden in a mountain climate

☐ **Force bulbs.** For Christmas bloom indoors, begin forcing amaryllis and narcissus. Consult *Bulbs for All Seasons* (Sunset Publishing Corporation, Menlo Park, Calif., 1986; $7.95).

☐ **Move house plants.** Any plants that spent the summer outdoors should be moved inside before the weather gets too cold. Hose them off with water to knock off pests and dust. Check for insects under leaves and along stems.

☐ **Pick raspberries.** Fruits of many fall-bearing raspberries will not separate easily from the stems unless warm. Pick when the sun is high and berries are warm to the touch. After harvest, cut back only terminal growth that has fruited; laterals on lower stems will bear next spring. With summer bearers, cut back fruiting canes to the ground; leave new green canes to bear fruit next spring.

☐ **Plant spring-flowering bulbs.** Crocus, hyacinths, *Iris reticulata,* narcissus, Siberian squill, and tulips should go in now. Be sure to water thoroughly after planting.

☐ **Store summer bulbs.** When foliage dies down, lift summer-flowering bulbs from the ground. Let them dry for a few days. Cut stems to 2 inches; never pull, as it may damage bulb. Store cannas and dahlias in sand, peat moss, or vermiculite. Leave container begonia tubers in their pots. Keep all in a cool, frost-free place.

☐ **Take care of lawns.** Fertilize lawns with a complete fertilizer such as 20-5-10. Control weeds, spraying if necessary; the cold ahead will complete your job.

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After two years of drought-imposed minimal watering in Vacaville, California, this blend of 'Bonsai' and 'Twilight' tall fescues is still deep green and dense. Close-up above shows relatively fine texture

K. BRYAN SWEZEY

The new fescues are finer . . . just as unthirsty

The deep roots of tall fescue have interested water-conscious grass breeders for years. By the time the top foot of soil dries out, most grasses are parched. But with tall fescue, roots go much deeper, so healthier tall fescue can last longer into drought before it turns brown.

The first tall fescues to be introduced were on the coarse side. But now two new tall fescues, 'Bonsai' and 'Twilight', have finer blades and a slower growth habit than all the tall fescues that have gone before. These grasses require much less mowing than more vigorous lawn grasses like rye and bent. Of the pair, 'Twilight' is the deeper green. Both form denser turf than most fescues (which have a tendency to clump).

They require relatively warm soil temperatures to germinate. In California and desert areas, you could sow them into November. In colder climates, September is the last month to sow until May. Both kinds are available as sod or seed, blended or straight.

Like any new grass, these require good soil preparation, fertilization, and regular watering for the first several months until they take hold; start a new lawn now only if you have water to spare. Thereafter, these grasses need periodic watering to maintain them. But their deep roots will take them further into drought without damage.

The garden pictured here is by Roger Albrecht of Vacaville, California. □

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Which is why you should see your local Gerard Master Roofer about putting up a Gerard stone-steel shake or tile roof.

Gerard's stone-steel roofs offer a choice between the traditional elegance of hand-split wood or the distinctive beauty of tile. Yet deliver far greater durability than either.

Gerard's patented interlocking design has proven to be exceptionally strong and fire-resistant. In independent testing it withstands 105 mile-per-hour winds, torrential rain, hail and heavy snowloads.

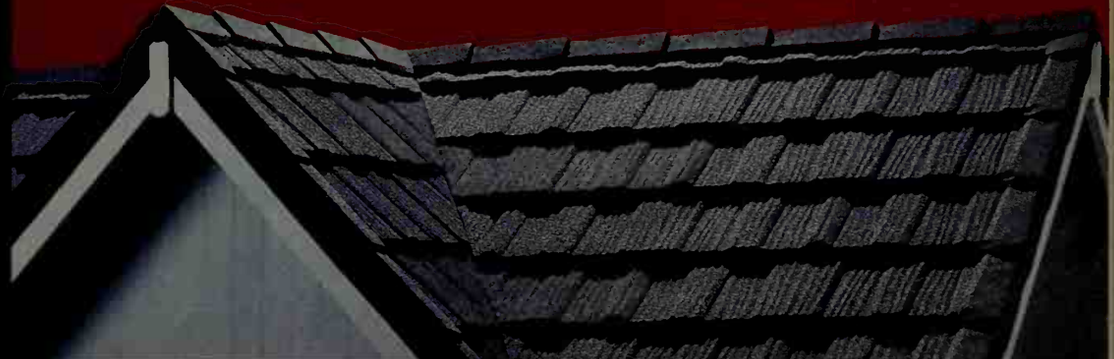
At only 1.4 pounds per square foot, Gerard roofing is among the lightest roofing materials available. And unlike concrete or clay products, breakage is not a factor.

It's so durable in fact, that every Gerard roof comes with a limited 40-year weatherproof warranty.

Which means the finest roof you can buy is the best roof you can own. And makes the Gerard roof very attractive from any angle.

To learn more, call Gerard nationwide at 1-800-841-3213.

GERARD



Gerard Roofing Technologies, Alcan Building Products Division of Alcan Aluminum Corporation
Gerard Corporate Headquarters 955 Columbia Street Brea, CA 92621-2927
Southeastern Regional Office 2360 Forsyth Road Orlando, FL 32807 © Copyright 1991

They look like fuchsias, but they

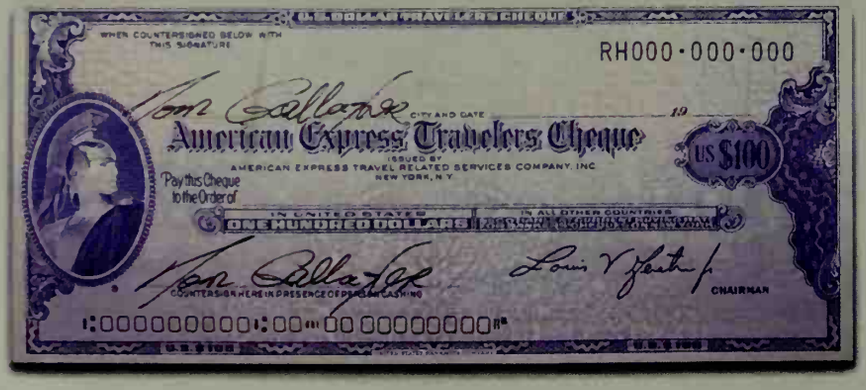
PETER CHRISTIANSEN

Clusters of tiny, pink fluted blossoms hang on branches of flowering currant in early spring

Fuchsia mimics, the four plants pictured here bear tubular flowers. But there's one big difference between these and true fuchsias: they're drought tolerant.

Gardeners on tight water budgets can plant them this fall for splashes of vibrant bloom color next year. Look for plants at nurseries in 1- or 5-gallon cans ($7 to $20 respectively).

Mexican lobelia *(L. laxiflora).* Bushy, semiwoody perennial reaches 3 feet tall. Bright 2-inch flowers with yellow insides, orange-red outsides, bloom nearly all year along the coast, summer through fall elsewhere. This tough plant with narrow leaves spreads by underground rhizomes. It's good for banks and parking strips but not for gardens where toddlers play unsupervised; it has toxic properties.



1. Worldwide Acceptance.
2. Hand-Delivered Refunds.

re water thrifty

ed flowering currant *(Ribes sanguinum,* also sold as *R.s. glutinosum).* This eciduous shrub, native to California's oast ranges, bears pink, white, or red owers in early spring. It has an upright se shape and reaches 6 to 8 feet tall. long the coast, plant in full sun. In hot land areas, give partial shade, occasional summer watering.

Fuchsia-flowering gooseberry *(R. speciosum).* This 8- to 10-foot-tall California ative shrub is spectacular in bloom. hick clusters of deep red flowers hang own from arching branches. It blooms in pring and is a haven for hummingbirds. Plant in full sun (coastal) or part shade hot inland areas). Given no water in ummer, it loses its leaves then; with a ittle water, it's nearly evergreen.

California fuchsia *(Zauschneria).* Bright range to red tubular flowers appear summer through fall on 1- to 2-foot plants. Set in full sun; it needs little to no summer water once established. Rangy growth habit and invasive roots make it best for wild gardens; hummingbirds adore it. □

BILL ROSS

Tubular flowers *of Mexican lobelia bloom practically year-round on the coast (summer through fall inland)*

NORMAN A. PLATE

DAVID STUBBS

Dazzling orange *flowers of summer-blooming California fuchsia tumble over rock*

Tassel-like blooms *dangle from undersides of fuchsia-flowering gooseberry's branches*

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On the face of it, Visa Travelers Cheques and the travelers cheques from American Express appear to be the same.

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So now that you see these travelers cheques for what they really are, your choice should be clear.

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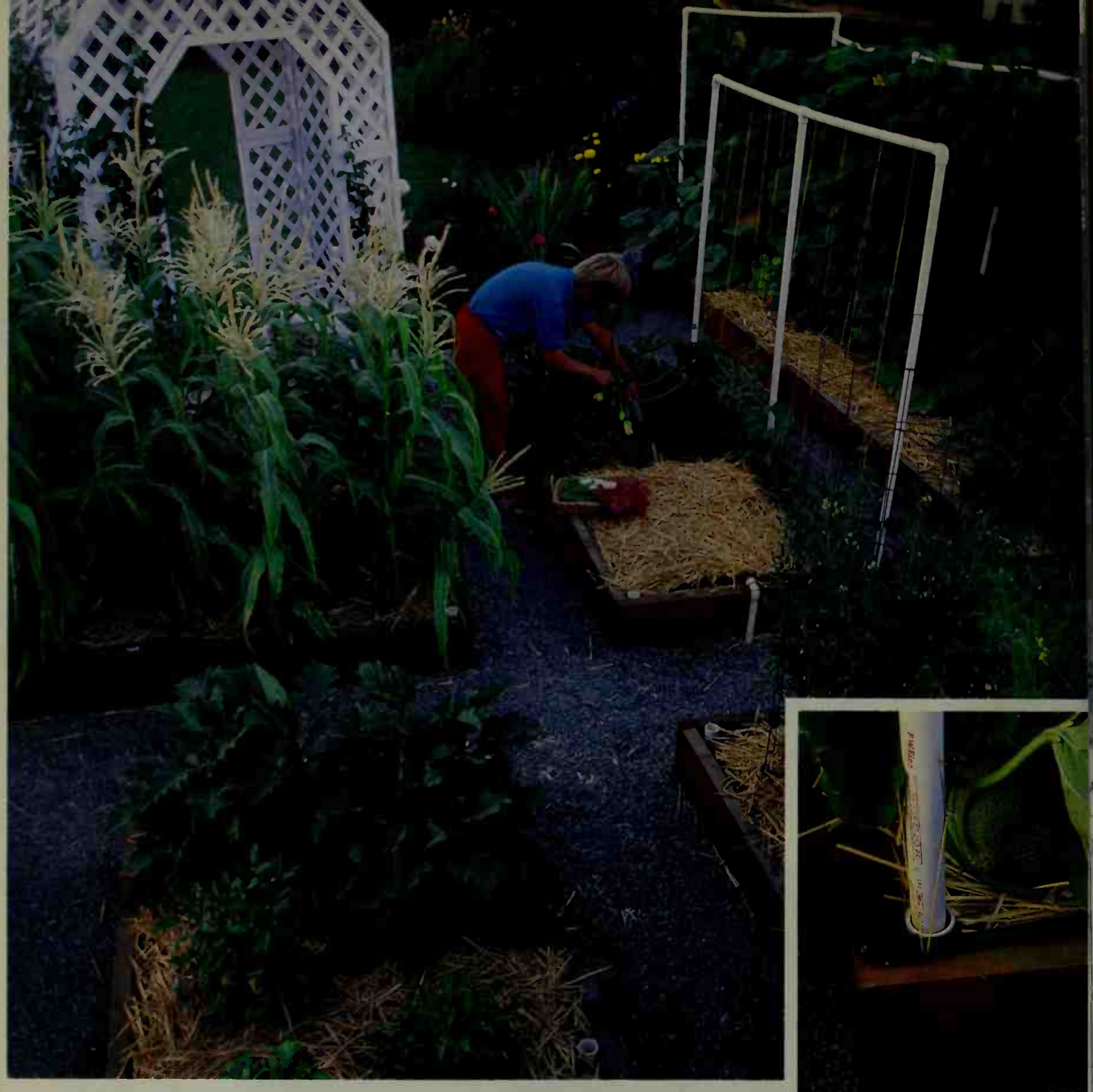


***Productive and orderly** raised beds overcome poor native soil in this Sacramento garden. Straw mulch conserves water; pea gravel keeps paths clean. Beds' sides are made of redwood 2-by-8s butt-joined at the corners. Insert (right) shows PVC trellis post in sleeve, main drip lines turning corner*

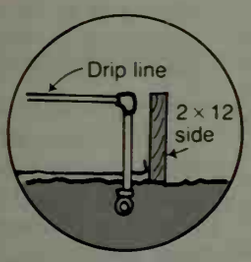
MICHAEL LANDIS

If your soil is bad, if your season is short,
if wildlife bothers your garden . . .

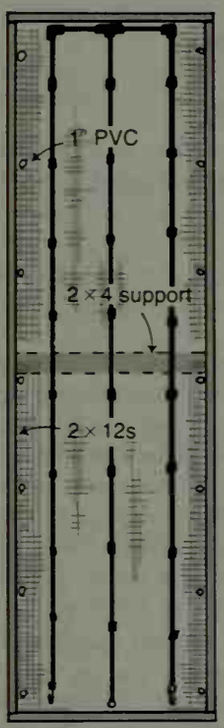
Raised beds are problem-solvers

***The only solution** to rocky, clay soils in this Three Rivers, California, garden was to plant in eight 4- by 12-foot raised beds. Birds and deer are kept away with bird netting draped over plastic hoops held in PVC sleeves (far right); wire screening lining beds protects roots from gophers. Beds are made from redwood 2-by-12s nailed at the ends. Drip tubes (right) provide water*

***Hardware-cloth** screen lines bottom, staples to sides*



***Underground** main line feeds water to the drip tube*



NORMAN A. PLATE

Raising your garden above the ground can solve some of the most frustrating problems vegetable growers face. The easy-to-build beds pictured on these pages make it possible for plants to thrive where soil is poor, wildlife is hungry, or growing seasons are short.

Like big pots, raised beds filled with good soil mix overcome the problem of heavy or hard garden soil. Good soil means plants can be set closer together, making smaller areas more productive. Lining bottoms of beds with wire screening keeps out critters like moles and gophers; and beds can be fitted with PVC framework for bird netting, to keep deer and birds at bay.

Moreover, in cold-winter climates, raised beds are quick to warm up and can extend the growing season. And they limit back-bending labor—you can sit on the edge of a raised bed and garden in comfort.

If water shortages have kept your gardening to a minimum, a raised bed is also an ideal place to concentrate plants. While lightweight soil mixes do tend to dry out more quickly than open soil does, they allow roots to grow deeper, tapping into a larger moisture reservoir. And raised beds adapt well to drip irrigation.

Raised beds have a strong visual appeal;

PETER CHRISTIANSEN

1 • *Nail short sides of 4- by 10-foot rough redwood bed to corner posts. Sides are 2-by-10s; posts are 32-inch 4-by-4s*

2 • *With ends upside-down, nail 10-foot sides to corner posts. Work on a flat surface like a patio so bed is as square as possible*

3 • *Set bed right-side-up into predug foot-deep holes. Pack soil around posts. To maximize sun, long sides should be oriented north-south*

Building a simple raised bed: it's a bottomless box with capped sides. Corners are the trickiest part

MICHAEL THOMPSON

***Holding bed together** with stakes of 1-inch pipe makes it easy to replace old, rotted boards. Roots of plants hold the soil together when boards are removed*

their regular shapes bring order and structure to a garden, turning an ordinary vegetable patch into an attractive focal point—an area where people want to go. The sides of the beds can be painted to match the house, and paths can be covered with anything from gravel to mulch—adding to their formality and keeping feet out of the mud.

September is a good month to plan and build raised beds, just in time to plant cool-season crops. In the mild-winter West, it's the best time to start a fall garden.

How to plan and build raised beds

Raised beds can be almost any size or shape, but there are some guidelines to keep in mind. If you make the beds more than 4 feet wide, it will be difficult to reach the middle from either side. When figuring the height of a bed to be built over poor soil, it's a good idea to allow for more than 12 inches of good soil.

For sides that will double as benches, a height of 18 to 24 inches is easiest on the back and knees. (If you cap the top, use boards that are 2 to 3 inches longer than the sides to minimize overhang on the inside of the bed.)

If you build more than two beds, consider mixing shapes—using two squares and one rectangle, for example—for a more interesting pattern. Orient rectangular beds with long sides running north-south, so plants receive maximum sunlight. Paths between beds should be at least 24 inches wide.

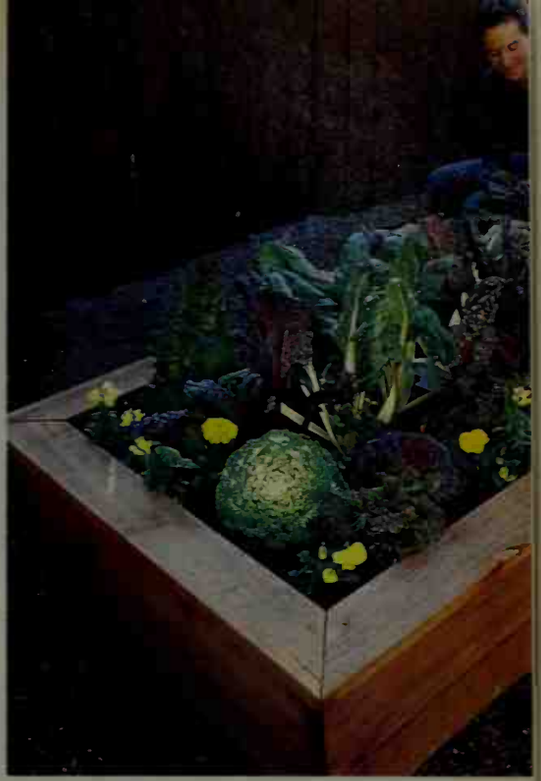
Once you've decided on the number and placement of the beds, plan and install main irrigation lines.

For sturdiest beds, use lumber at least 2 inches thick; redwood, cedar, and pressure-treated (see box at right) last longest. Most raised beds are just bottomless boxes, so the corners are the most important part of construction. You can simply nail the ends of the boards together, but lag-screwing 4-by-4s to the inside corners will make the box stronger. For ease in replacing rotted boards, one gardener we visited supports the sides of his raised garden with sections of 1-inch metal pipe pounded into the ground alongside the bed (see picture at left).

Corner posts don't need to be sunk into the ground, but the bed will be more secure if they are. Large timbers can be held together with metal corner braces. If you build a bed longer than 12 feet, nail the side boards to posts sunk midway along the lengths of the bed to prevent the boards from bowing outward.

4 • *Cap the top with surfaced redwood 2-by-6s, with ends cut at 45° angles*

5 • *Fill bed with soil. Water thoroughly before planting. Chard, lettuce, and parsley were planted in this bed*



6 • *Seven weeks later, the mature plants are ready for harvesting. Flowering cabbage, pansies, and calendulas add colorful accents to the vegetables*

Filling your raised bed with soil

The 4- by 10-foot, 20-inch-deep raised bed that we built holds about 2½ cubic yards of soil. If you already have fairly good garden soil, you can fill your raised bed with a mix of equal parts soil and organic matter such as compost or ground bark. Or buy potting soil in bulk (look in the yellow pages under Topsoil).

You can also make your own lightweight soil mix, but it takes a lot of work. *Container Gardening* (Sunset Publishing Corporation, Menlo Park, Calif., 1984; $7.95) provides recipes for several container soils, including a basic lightweight mix, that work equally well in raised beds.

Before filling the bed, place 3 to 4 inches of new soil in the bottom and work it into the ground as well as you can. This will aid drainage and provide a transition between the two soils.

Which vegetables to grow in raised beds; tips for keeping beds productive

Any vegetable can be grown in raised beds, even large plants like corn (see pages 140 and 141) and sprawling vines like cantaloupe or squash (see photo inset, page 140). Root crops such as carrots, onions, and beets grow especially well in raised beds' loose soil.

Like those in containers, vegetables grown in raised beds need frequent applications of fertilizer, particularly nitrogen. This is especially important if you use a potting soil that is rich in organic matter. Fertilize before planting and then every two to three weeks according to rates on the product label. Feed less frequently as fruit-bearing plants like tomatoes begin to mature. Or, use a controlled-release fertilizer at planting time. □

Treated wood: safe for home gardens?

As old-growth redwood and cedar become scarcer and more expensive, many people are making raised beds from pressure-treated or creosote-treated soft woods such as pine, fir, and hemlock. While the treated wood is strong and durable, questions have been raised about the safety of handling it and of eating produce grown in beds made with it.

Pressure-treated wood. The most common pressure-treated wood is impregnated with chromated copper arsenate (CCA). Essentially, CCA is a pesticide: arsenate (an arsenic derivative) kills insects; copper fights rot-causing fungus; chromium bonds the chemicals to the wood.

Though the jury is still out, some tests are reassuring. While pressure-treated wood loses a small percentage of its CCA to leaching, one study by the U.S. Forest Service Forest Products Laboratory found, after 30 years in warm, rainy fields, no detectable CCA in soil more than 6 inches from treated stakes.

Roots that grow beside treated wood apparently take up little CCA. At North Carolina State University, grapevines planted 3 inches from treated stakes had no measurable CCA in either vines or fruit. As a rule of thumb, Dr. Frank Dost, an Oregon State University Extension toxicologist, recommends that you plant food crops at least a foot from treated wood. Plant root crops at least 2 feet from treated wood.

Creosote. Fresh, the creosote in railroad ties gives off volatile oils that can kill or injure surrounding plants. But after a few years of aging, creosote-treated railroad ties have almost no herbicidal qualities. There is no evidence that plant roots take up the components of creosote in harmful quantities. However, because creosote does contain low levels of chemicals that are contact carcinogens, don't use treated wood in places where you'll regularly get sticky creosote on your skin.

There are cautions. Wear vinyl-coated gloves when handling treated wood and wear a dust mask when cutting it (good ideas even with untreated wood). Do not burn treated woods. For more on how to safely handle treated wood, ask your retailer for a consumer information sheet.

***Startling blend** of 'Red Riding Hood' tulips and Muscari armeniacum deliver more visual wallop than either flower would alone*

DON NORMARK

***Violet blue river** of M. armeniacum meanders between banks of tulips and late-season daffodils*

Meet the muscari

Very blue or crisp white, they are worth a nursery hunt

***Graduated purple** flowers distinguish M. latifolium (above); M. botryoides 'Album' (below) is one of the white varieties*

Blue-flowered grape hyacinths are neither grapes nor hyacinths, but really kinds of *Muscari,* Middle Eastern plants that are among our most popular spring bulbs.

M. armeniacum (pictured above and at far left), whose medium blue is the hands-down favorite for cooling off hot-colored tulips, is what most people think of when they think of grape hyacinths, but others are worth trying as well. None is as common as *M. armeniacum,* and each is worth the hunt.

The most difficult to find is *M. latifolium,* whose broad, upright leaves make it the most formal-looking of the *Muscari* clan. But it's the flowers, not the leaves, that will stop you: the infertile top flowers are blue-purple, while the fertile bottom flowers are a deep violet.

If you'd like to experiment with a white variety, try *M. botryoides* 'Album'. It's among the finest for massing among brightly flowered bulbs.

As a group, grape hyacinths naturalize well, increasing slowly over the years from offsets and seeds. Give them full sun or part shade and normal garden soil. Native to dry-summer climates, these do well in most of the West with no more water than they get from the sky.

M. armeniacum is widely available. *M. latifolium* and *M. botryoides* 'Album' are available by mail from McClure & Zimmerman, Box 368, Friesland, Wis. 53935. The catalog is free. □

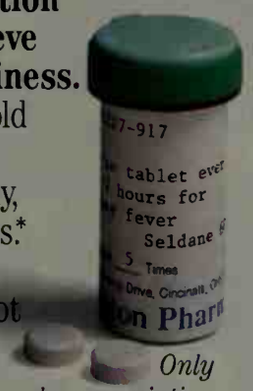
You've tried just about everything for your hay fever...

now try your doctor.

Your doctor has an advanced prescription medicine called Seldane that can relieve your allergy symptoms without drowsiness.

Antihistamines: No antihistamine sold over-the-counter can relieve your allergy symptoms...sneezing, runny nose, and itchy, watery eyes...without the risk of drowsiness.*

Decongestants: Any decongestant that claims it won't make you drowsy cannot relieve allergy symptoms other than nasal congestion.



Only by prescription.

Seldane–ask your doctor if it's right for you: Seldane is different. That's why it can quickly and effectively relieve your seasonal allergy symptoms without the drowsiness you may experience with older antihistamines† No wonder Seldane has become the most prescribed allergy medicine in the world‡ As with all prescription medicines, only your doctor can determine what is best for you.

If the OTC allergy products you've tried have disappointed you, consider Seldane.

SELDANE®
(terfenadine) 60 mg tablets

Get our free booklet, "The facts about what allergy medicines do...and don't do." **Call 1-800-4-HAY FEVER.**

*Definition of "risk of drowsiness" is incidence greater than placebo (a sugar pill).
†The reported incidence of drowsiness with Seldane (5.8%) in clinical studies involving more than 11,000 patients did not differ significantly from that reported in patients receiving placebo (6.9%).
‡Based upon worldwide prescription and distribution information (1986-1990)–data on file, Marion Merrell Dow Inc.
SEE BRIEF SUMMARY OF PRESCRIBING INFORMATION ON NEXT PAGE.

SELAE 301/A1895 ©1991, Marion Merrell Dow Inc. March, 1991 MDZ-101 6131B1

Seldane®

(terfenadine) 60 mg Tablets

BRIEF SUMMARY

CAUTION: Federal law prohibits dispensing without prescription.

DESCRIPTION

Seldane (terfenadine) is available as tablets for oral administration. Each tablet contains 60 mg terfenadine. Tablets also contain, as inactive ingredients: corn starch, gelatin, lactose, magnesium stearate, and sodium bicarbonate.

INDICATIONS AND USAGE

Seldane is indicated for the relief of symptoms associated with seasonal allergic rhinitis such as sneezing, rhinorrhea, pruritus, and lacrimation.

CONTRAINDICATIONS

Seldane is contraindicated in patients with a known hypersensitivity to terfenadine or any of its ingredients.

PRECAUTIONS

General: Terfenadine undergoes extensive metabolism in the liver. Patients with impaired hepatic function (alcoholic cirrhosis, hepatitis), or on ketoconazole or troleandomycin therapy, or having conditions leading to QT prolongation (e.g. hypokalemia, congenital QT syndrome) may experience QT prolongation and/or ventricular tachycardia at the recommended dose. The effect of terfenadine in patients who are receiving agents which alter the QT interval is not known. These events have also occurred in patients on macrolide antibiotics, including erythromycin, but causality is unclear. The events may be related to altered metabolism of the drug, to electrolyte imbalance, or both.

Information for patients: Patients taking Seldane should receive the following information and instructions. Antihistamines are prescribed to reduce allergic symptoms. Patients should be questioned about pregnancy or lactation before starting Seldane therapy, since the drug should be used in pregnancy or lactation only if the potential benefit justifies the potential risk to fetus or baby. Patients should be instructed to take Seldane only as needed and not to exceed the prescribed dose. Patients should also be instructed to store this medication in a tightly closed container in a cool, dry place, away from heat or direct sunlight, and away from children.

Drug Interactions: Preliminary evidence exists that concurrent ketoconazole or macrolide administration significantly alters the metabolism of terfenadine. Concurrent use of Seldane with ketoconazole or troleandomycin is not recommended. Concurrent use of other macrolides should be approached with caution.

Carcinogenesis, mutagenesis, impairment of fertility: Oral doses of terfenadine, corresponding to 63 times the recommended human daily dose, in mice for 18 months or in rats for 24 months, revealed no evidence of tumorigenicity. Microbial and micronucleus test assays with terfenadine have revealed no evidence of mutagenesis.

Reproduction and fertility studies in rats showed no effects on male or female fertility at oral doses of up to 21 times the human daily dose. At 63 times the human daily dose there was a small but significant reduction in implants and at 125 times the human daily dose reduced implants and increased postimplantation losses were observed, which were judged to be secondary to maternal toxicity.

Pregnancy Category C: There was no evidence of animal teratogenicity. Reproduction studies have been performed in rats at doses 63 times and 125 times the human daily dose and have revealed decreased pup weight gain and survival when terfenadine was administered throughout pregnancy and lactation. There are no adequate and well-controlled studies in pregnant women. Seldane should be used during pregnancy only if the potential benefit justifies the potential risk to the fetus.

Nonteratogenic effects: Seldane is not recommended for nursing women. The drug has caused decreased pup weight gain and survival in rats given doses 63 times and 125 times the human daily dose throughout pregnancy and lactation. Effects on pups exposed to Seldane only during lactation are not known, and there are no adequate and well-controlled studies in women during lactation.

Pediatric use: Safety and effectiveness of Seldane in children below the age of 12 years have not been established.

ADVERSE REACTIONS

Experience from clinical studies, including both controlled and uncontrolled studies involving more than 2,400 patients who received Seldane, provides information on adverse experience incidence for periods of a few days up to six months. The usual dose in these studies was 60 mg twice daily, but in a small number of patients, the dose was as low as 20 mg twice a day, or as high as 600 mg daily.

In controlled clinical studies using the recommended dose of 60 mg b.i.d., the incidence of reported adverse effects in patients receiving Seldane was similar to that reported in patients receiving placebo. (See Table below.)

ADVERSE EVENTS REPORTED IN CLINICAL TRIALS

Adverse Event	Percent of Patients Reporting				
	Controlled Studies*			All Clinical Studies**	
	Seldane N=781	Placebo N=665	Control N=626***	Seldane N=2462	Placebo N=1478
Central Nervous System					
Drowsiness	9.0	8.1	18.1	8.5	8.2
Headache	6.3	7.4	3.8	15.8	11.2
Fatigue	2.9	0.9	5.8	4.5	3.0
Dizziness	1.4	1.1	1.0	1.5	1.2
Nervousness	0.9	0.2	0.6	1.7	1.0
Weakness	0.9	0.6	0.2	0.6	0.5
Appetite increase	0.6	0.0	0.0	0.5	0.0
Gastrointestinal System					
Gastrointestinal Distress (Abdominal distress, Nausea, Vomiting, Change in Bowel habits)	4.6	3.0	2.7	7.6	5.4
Eye, Ear, Nose and Throat					
Dry Mouth/Nose/Throat	2.3	1.8	3.5	4.8	3.1
Cough	0.9	0.2	0.5	2.5	1.7
Sore Throat	0.5	0.3	0.5	3.2	1.6
Epistaxis	0.0	0.8	0.2	0.7	0.4
Skin					
Eruption (including rash and urticaria) or itching	1.0	1.7	1.4	1.6	2.0

*Duration of treatment in "CONTROLLED STUDIES" was usually 7-14 DAYS.
**Duration of treatment in "ALL CLINICAL STUDIES" was up to 6 months.
***CONTROL DRUGS: Chlorpheniramine (291 patients), d-Chlorpheniramine (189 patients), Clemastine (146 patients).

Rare reports of severe cardiovascular adverse effects have been received which include arrhythmias (ventricular tachyarrhythmia, torsades de pointes, ventricular fibrillation), hypotension, palpitations, and syncope. In controlled clinical trials in otherwise normal patients with rhinitis, at doses of 60 mg b.i.d. small increases in QTc interval were observed. Changes of this magnitude in a normal population are of doubtful clinical significance. However, in another study (N=20 patients) at 300 mg b.i.d. a mean increase in QTc of 10% (range −4% to +30%) (mean increase of 46 msec) was observed without clinical signs or symptoms.

In addition to the more frequent side effects reported in clinical trials (See Table), adverse effects have been reported at a lower incidence in clinical trials and/or spontaneously during marketing of Seldane that warrant listing as possibly associated with drug administration. These include: alopecia (hair loss or thinning), anaphylaxis, angioedema, bronchospasm, confusion, depression, galactorrhea, insomnia, menstrual disorders (including dysmenorrhea), musculoskeletal symptoms, nightmares, paresthesia, photosensitivity, seizures, sinus tachycardia, sweating, tremor, urinary frequency, and visual disturbance.

In clinical trials, several instances of mild, or in one case, moderate transaminase elevations were seen in patients receiving Seldane. Mild elevations were also seen in placebo treated patients. Marketing experiences include isolated reports of jaundice, cholestatic hepatitis, and hepatitis. In most cases available information is incomplete.

OVERDOSAGE

Information concerning possible overdosage and its treatment appears in Full Prescribing Information.

DOSAGE AND ADMINISTRATION

One tablet (60 mg) twice daily for adults and children 12 years and older.

Product Information as of July, 1990

MARION MERRELL DOW INC.

Prescription Products Division

Kansas City, MO 64114

SELAE 301/A1895

6131B1

September's garden shows, sales, lectures, clinics, and other events

NORTHERN CALIFORNIA

Walnut Creek. September classes at Heather Farm Garden Center, 1540 Marchbanks Dr. Topics include beginning flower arranging, basic gardening, and growing plants for dried arrangements. For details, call (415) 947-1678.

Berkeley. September 7. Plant disease clinic, sponsored by Friends of the UC Botanical Garden. Place: UC Botanical Garden, Centennial Dr. Hours: 9 to noon. Bring sick plants or cuttings for consultation from Professor Robert Raabe, the garden's associate director. Free.

Sunnyvale. September 7. Water-wise gar dening lectures on vegetables, winter cov er crops, and low-water spring bulbs, an a plant clinic (bring samples of ailin plants for advice from Master Gardener of UC Cooperative Extension Service) Place: Sunnyvale Arboretum, 550 E Remington Ave. Hours: lectures, 9 to 11 plant clinic, 11 to noon. Free.

Oakland. September 7 and 8. Annua show by East Bay Dahlia Society. Place Lakeside Park Garden Center, 666 Belle vue Ave. Hours: 1:30 to 5 Saturday, 10 to 5 Sunday. Free.

BRUCE HANDS

Jumble of dahlias in bright confetti colors includes spiky-petaled cactus types, camellia-like decorative types, and ball types

PLANT OF THE MONTH

Dahlias by the armload

In northern California gardens, dahlias are in peak bloom in early September. Brilliant colors and fanciful shapes make them choice flowers for summer-to-fall bouquets; they're easy to grow from tubers you plant in spring. This month, you can see displays of the colorful blooms at three shows—in Oakland, Capitola, and San Jose (see events listings). It's a good time to choose varieties by flower color and form if you want to plant them next spring. □

acramento. September 7 and 8. Show by acramento Begonia Society. Place: Sacmento Garden and Arts Center, 3330 cKinley Blvd. Hours: 2 to 6 Saturday, to 5 Sunday. Free.

alo Alto. Classes sponsored by Ecology ction/Mid Peninsula. Place: Common round Organic Garden Supply, 2225 El amino Real. Hours: 10:30 to noon. Fee: 7 per class, $5 seniors. Preregistration is quired; call (415) 328-6752.

eptember 7: seed collecting.

eptember 14: composting.

eptember 21: double digging.

eptember 28: landscaping with native lants.

apitola. September 8. Nautical parade f begonia-covered floats on the last day f the Capitola Begonia Festival (Septemer 1, 2, and 8). Place: Capitola Lagoon, t the mouth of Soquel Creek. Time: P.M. Free.

illsborough. September 10 through Ocober 20. Decorators' Showcase, featuring rought-resistant demonstration gardens. lace: The Carolands. Take shuttle bus rom stops on Skyline Blvd. between ummit and Chateau drives. Hours: 10 to Tuesdays through Sundays, 6 to 8 P.M. Tuesdays and Thursdays. Tickets: $20. For information, call (415) 342-0984.

Santa Rosa. September 14. Show and sale by Redwood Empire Rose Society. Place: Montgomery Village Shopping Center, Farmers Lane and Sonoma Ave. Hours: 1 to 5. Free.

Berkeley. September 21. Composting workshop sponsored by Friends of the UC Botanical Garden. Place: Mulford Hall, UC Berkeley campus. Hours: 1 to 3, repeated from 4 to 6. Fee: $8. Preregistration is required; call (415) 642-3343.

Half Moon Bay. September 21. Coastal Flower Market, cosponsored by San Mateo County Farm Bureau and coastside florists and growers. Place: Kelly and Main streets. Hours: 9:30 to 3:30.

Capitola. September 21 and 22. Show by Monterey Bay Dahlia Society. Place: Capitola Mall, State Highway 1 and 41st Ave. Hours: 10 to 7 Saturday, 11 to 6 Sunday. Free.

Oakland. September 21 and 22. Annual show and sale by Cactus and Succulent Society of California. Place: Lakeside Park Garden Center, 666 Bellevue Ave. Hours: 10 to 5. Free.

San Mateo. September 21 and 22. Annual exhibit by San Mateo Bonsai Club. Place: Central Park Recreation Center, 50 E. Fifth Ave. Hours: noon to 6 Saturday, 10 to 5 Sunday. Free.

Davis. September 28. Annual plant sale by Friends of the Davis Arboretum. Place: arboretum headquarters, La Rue Rd. Hours: 8 to 2.

Oakland. September 28 and 29. Fall flower fair and plant sale by members of the Oakland–East Bay Garden Center. Place: Lakeside Park Garden Center, 666 Bellevue Ave. Hours: 10 to 5. Free.

Palo Alto. September 28 and 29. Show by Akebono Bonsai Club. Place: Palo Alto Buddhist Temple, 2751 Louis Rd. Hours: noon to 7 Saturday, 10 to 5 Sunday. Free.

San Francisco and Berkeley. September 28 and 29. Gardening with the Elements, an annual symposium sponsored by Friends of the UC Botanical Garden. *Saturday:* California Academy of Sciences, Golden Gate Park, San Francisco; 8:30 to 4. *Sunday:* Haas Clubhouse, Centennial Dr., Berkeley; 10:30 to 2:30. Fee: $85. Preregistration is required. Send check to Friends, UC Botanical Garden, Berkeley 94720. For details, call (415) 642-3343.

San Jose. September 28 and 29. Annual show by John E. Stowell Dahlia Society. Place: Westgate Mall, 1600 Saratoga Ave. Hours: 11 to 6. Free.

COLORADO

Denver. September 7. Sale of house plants and garden produce grown by members of the Men's Garden Club of Denver. Place: Denver Botanic Gardens, 1005 York St. Hours: 9 A.M. until sold out. Admission to sales area is free.

Denver. September 14 and 15. Show and plant sale by Gloxinia Gesneriad Growers. Place: Denver Botanic Gardens, 1005 York St. Hours: 1 to 4:45 Saturday, 10 to 4:45 Sunday. Gardens admission: $4, $2 ages 6 through 15 and over 64.

UTAH

Salt Lake City. September 21 and 22. Annual show by Bonsai of Utah. Place: Utah Associated Garden Clubs Center, Sugar House Park, 1602 E. 2100 South St. Hours: noon to 6 Saturday, noon to 5 Sunday. Free. □

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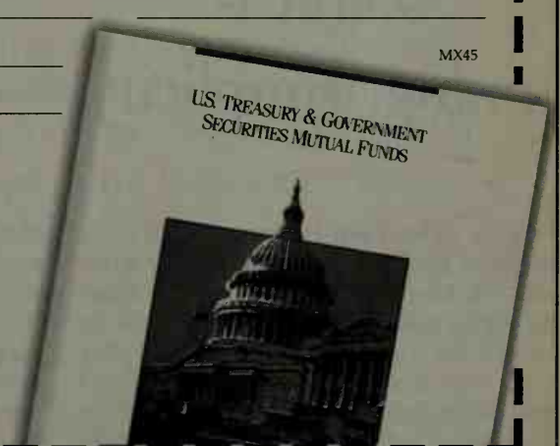

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Ready to fashion into wreaths, bunches of hydrangea flowers were tied and hung upside-down to dry, then brought to workroom. Whole and partial clusters are attached carefully together on styrene foam form, using metal floral pins. Blossom colors can be mixed or matched

STEPHEN CRIDLAND

Hydrangea wreath . . . the secret is timing, simplicity

Time it right, keep it simple. That's the advice of gardener Jan Chastine of Olympia, Washington, when it comes to making hydrangea wreaths. The trick is to harvest the big blooms so that petals stay erect and unshriveled and colors don't change much as they dry. Assembling the wreaths isn't difficult using styrene foam forms and U-shaped floral pins. Both are available at craft and floral supply stores.

Get going this month. Early September is when hydrangea bloom peaks. For flowers in summer's bright blue and rose shades, cut just after that peak. If you wait until evening temperatures dip down briefly to the frost level, the petals will take on a greenish and bronzy, sometimes even cranberry, color. But flowers exposed to too much cold turn brown.

Cut flowers with their stems. Strip off the leaves and hang upside-down in bunches in a cool, dark, dry place until the stems are brittle and snap in two easily. Drying takes about a month.

Making the wreath

Mrs. Chastine first selects blossoms with the colors she likes. She uses the good parts of damaged blooms to line the inside of the wreath form, pushing each flower cluster close to the next one and pinning it in place where the petals begin to branch out. She repeats this process in the middle of the wreath (covering about a quarter of the form), using whole blossoms and pieces to fill in. She covers the outside edge of the form as she moves around. □

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Welsh Griddle Cakes

Warm, raisin-studded *griddle cakes go with butter and jam as a breakfast or teatime treat*

- ½ cup sugar
- 1 cup all-purpose flour
- 1 teaspoon baking powder
- ¼ teaspoon ground nutmeg
- 6 tablespoons butter or margarine, cut into pieces
- ½ cup raisins or currants
- 1 large egg white
- 2 tablespoons milk
- Butter and jam

Set aside 1 tablespoon sugar. Mix together remaining sugar, flour, baking powder, and nutmeg. Add butter; rub with your fingers until fine crumbs form. Add raisins, egg, and milk; stir just until dough holds together.

Roll dough ¼ inch thick on a lightl floured surface. With a 3-inch-wid cooky cutter, cut dough into rounds Reroll dough scraps and cut rounds.

In a nonstick 12-inch frying pan o griddle on medium-low heat, plac cakes slightly apart. Cook until bot toms are medium brown, 3 to 4 min utes. Turn cakes with a wide spatul and cook until bottoms are mediun brown, about 3 minutes. Sprinkl warm cakes with remaining sugar anc serve with butter and jam. Make about 10 cakes, 4 to 5 servings.—*Judy Pannunzio, Campbell, Calif.*

Per cake: 170 cal.; 2.0 g protein; 7.1 g fat (4.4 g sat.); 25.5 g carbo.; 121 mg sodium; 19 mg cho

Chicken Breasts Calvados

Baked dinner *for two is cheese-crusted chicken breast on a bed of nutmeg- and brandy-spiked apples*

- 1 large (about ½ lb.) Golden Delicious or Newtown Pippin apple
- ¼ cup apple brandy, brandy, or apple juice
- ¼ teaspoon ground nutmeg
- 2 boned and skinned chicken breast halves (about ¾ lb. total)
- 2 slices (about 1 oz. each) havarti cheese
- Minced parsley

Peel, core, and thinly slice apple. Divide between 2 shallow ovenproof ramekins (1½- to 2-cup size) the apple slices, brandy, and half the nutmeg. Cover ramekins tightly with foil.

Bake apples in a 400° oven until tender when pierced, about 20 minutes. Rinse chicken and pat dry. Put 1 breast half in each dish, basting surface of chicken with juices, then sprinkle with remaining nutmeg. Bake, uncovered, until chicken is no longer pink in center of thickest part (cut to test), about 12 minutes.

Top chicken with cheese. Broil 6 inches from heat until cheese is bubbling, about 2 minutes longer. Sprinkle with parsley. Serves 2.—*Mickey Strang, McKinleyville, Calif.*

Per serving: 376 cal.; 46 g protein; 9.9 g fat (5.4 g sat.); 24 g carbo.; 324 mg sodium; 127 mg chol.

Indian-spiced Cauliflower

Cauliflower, *cooked Indian-style, is golden from ground turmeric. Green onions also season it*

- 1 tablespoon salad oil
- 1 medium-size head (1½ to 1¾ lb.) cauliflower, cut into bite-size flowerets, rinsed
- 3 tablespoons minced fresh ginger
- 2 cloves garlic, minced or pressed
- 4 green onions, ends trimmed
- ¾ pound (about 4 large) Roma-type tomatoes, cored and chopped
- ¼ cup dry white wine
- ½ teaspoon ground turmeric or paprika
- Salt

Combine oil, cauliflower, ginger, and garlic in a 10- to 12-inch frying pan over medium-high heat. Stir often until cauliflower is lightly browned, about 6 minutes.

Chop 3 of the onions; add half of them to cauliflower along with tomatoes, wine, turmeric, and ⅓ cup water; stir. Bring to a boil over high heat, then simmer, stirring often, until cauliflower is tender when pierced and liquid evaporates, about 10 minutes. Pour the vegetables into a bowl and sprinkle with remaining chopped onions. Garnish with whole green onion. Add salt to taste. Serves 4 to 6.—*Jane C. Cross, Albuquerque.*

Per serving: 47 cal.; 1.6 g protein; 2.5 g fat (0.3 g sat.); 5.9 g carbo.; 12 mg sodium; 0 mg chol.

Sunset Magazine, 80 Willow Rd., Menlo Park, Calif. 94025. For directions on interpreting the nutritional data following the recipes, see page 160.

Cajun Scallops and Pasta

- 1½ pounds bay scallops, rinsed and drained
- 1 tablespoon Cajun spice mix, or combine 1 teaspoon pepper, 1 teaspoon paprika, and ¼ teaspoon ground allspice
- 2 teaspoons salad oil
- 1 cup regular-strength chicken broth
- 1½ tablespoons cornstarch blended with ⅓ cup water
- ½ cup light sour cream or low-fat unflavored yogurt
- 6 cups hot, cooked spinach-flavor spiral pasta (1 lb. dry)

Mix scallops with spices to coat. Pour oil into a 10- to 12-inch pan over medium-high heat; when hot, add scallops and stir-fry until they are opaque but still moist-looking in the center (cut to test), 3 to 4 minutes. With a slotted spoon, transfer scallops to a bowl.

On high heat, boil pan juices, uncovered, until reduced to about ¼ cup. Add broth and bring to a boil. Stir cornstarch mixture into broth and continue to stir until liquid boils. Stir in sour cream and scallops. Ladle mixture over hot pasta on a platter or on plates. Serves 4 to 6.—*Karen McQuilkin, South Ogden, Utah.*

Per serving: 440 cal.; 31 g protein; 6.1 g fat (1.8 g sat.); 63 g carbo.; 224 mg sodium; 44 mg chol.

***Temper heat** of Cajun spices that season tiny bay scallops with a light cream sauce*

Asian-style Green Beans

- 1 large (about 10 oz.) onion, chopped
- ½ pound mushrooms, sliced
- 1 large (about ½ lb.) red bell pepper, stemmed, seeded, and cut into ¼-inch strips
- 1 clove garlic
- 3 tablespoons soy sauce
- 1½ tablespoons honey
- 1 pound tender, slender green beans, ends trimmed
- ¼ cup salted roasted peanuts, chopped

In an 10- to 12-inch frying pan over medium heat, combine onion, mushrooms, pepper, garlic, and ⅓ cup water. Boil over high heat until liquid evaporates; stir often. When browned bits form in pan, add ¼ cup water and stir to free them. Boil until liquid evaporates and brown bits form. Add ¼ cup water and repeat this step once or twice until mixture is a rich brown. Add soy sauce and honey; keep warm.

Meanwhile, on a rack in a covered pan over 1 inch of boiling water, steam beans just until tender-crisp, about 10 minutes. Arrange beans on a platter; spoon sauce on beans and sprinkle with peanuts. Serves 4.—*Vicki Walton-Miller, Long Beach, Calif.*

Per serving: 164 cal.; 7.2 g protein; 5.1 g fat (0.7 g sat.); 27 g carbo.; 862 mg sodium; 0 mg chol.

***Top tender-crisp** green beans with no-fat sauté of bell peppers, mushrooms, and crunchy peanuts*

Whole-wheat Orange Bars

- 1 cup whole-wheat flour
- 1 cup all-purpose flour
- ½ cup chopped pitted dates
- 2 tablespoons sugar
- 1 teaspoon baking soda
- ½ teaspoon baking powder
- 1 can (6 oz.) frozen orange juice concentrate, thawed
- ¼ cup (⅛ lb.) melted butter or margarine
- 2 large eggs
- 1 large (about ½ lb.) orange, peel and white membrane cut off, fruit cut into ½-inch chunks and seeded
- Frosting (recipe follows)

Mix whole-wheat flour, all-purpose flour, dates, sugar, soda, and baking powder. Reserve 1 tablespoon concentrate; in a bowl, mix remaining concentrate with butter and eggs.

Add dry ingredients and orange; stir just to moisten evenly. Spread in a buttered 9-inch-square pan. Bake in a 350° oven until cake just pulls from pan sides, about 35 minutes. Frost hot; serve cool, cut into 12 pieces.—*Yvonne Douglas, Colorado Springs, Colo.*

Frosting. Beat until smooth ¾ cup **powdered sugar, reserved orange juice concentrate,** and 1 tablespoon **water.**

Per piece: 211 cal.; 4.2 g protein; 5.2 g fat (2.7 g sat.); 38 g carbo.; 139 mg sodium; 46 mg chol.

***Orange chunks** and sweet bits of dates are scattered through hearty bar cookies. Orange glaze frosts them*

NORMAN A. PLATE

***Spoon braised chicken** thigh meat, mild chilies, and bell peppers onto flour tortillas. Embellish with tomato, yogurt, lime; roll up to eat*

Lightening up

SUNSET CLASSICS

Cutting calories and fat with chile verde

The popular Mexican dish *chile verde* inspired this braised mixture laced with green chilies. It can be served as a stew or as a filling for tortillas.

The original recipe (May 1974, page 186) used pork butt (shoulder). This lightened-up version instead uses chicken or turkey thighs, cutting calories by almost 30 percent and fat by just about two-thirds.

Rather than brown ingredients in fat, we use a no-fat browning technique we call braise-deglaze to develop a flavorful sauce base. Chopped onions boil in broth until the liquid evaporates, leaving a film of natural sugars from the onions that coats the pan.

Cooked further, these drippings turn a rich brown. The browned material, scraped free with the aid of more liquid, is absorbed by the onions. Repeated several times, this step builds up a rich taste that not only seasons sauces but also gives them an appetizing color.

Lightened-Up Braised Chicken with Green Chili Sauce

- 3 pounds boned and skinned chicken or turkey thighs, lumps of fat pulled or trimmed off and discarded
- 1 large (about 8 oz.) onion, chopped
- 2 cloves garlic, pressed or minced
- 1 cup regular-strength chicken broth
- 1 teaspoon dry oregano leaves
- ½ teaspoon ground cumin
- 1 tablespoon wine vinegar
- 2 large (about 1 lb. total) green bell peppers, stemmed, seeded, and chopped
- ½ cup chopped fresh cilantro (coriander)
- 1 large can (7 oz.) diced green chilies
- Fresh cilantro sprigs
- Tomato wedges
- Nonfat unflavored yogurt or light sour cream
- Lime wedges
- Salt and pepper
- Hot cooked rice

Cut meat into 1-inch cubes; set aside.

In a 5- to 6-quart pan, combine onion, garlic, broth, oregano, and cumin. Boil, uncovered, on high heat until liquid evaporates and brown bits accumulate in pan, 10 to 15 minutes; stir often. To deglaze pan, add 2 tablespoons water and stir to release browned bits. Boil until more browned bits form, stirring often. Repeat deglazing step 2 or 3 times, or until onions are a rich brown color. Deglaze with vinegar and 1 tablespoon water.

When pan is dry, stir in chicken, peppers, chopped cilantro, chilies, and 1 tablespoon water. Cover and simmer over low heat until chicken is no longer pink in thickest part (cut to test), about 15 minutes; stir often. Skim off and discard fat. Spoon into a bowl. Garnish with cilantro sprigs and tomatoes. Offer yogurt, lime, and salt and pepper to add to taste. Serve with rice. Makes 6 to 8 servings.

Per serving lightened-up braised chicken with green chili sauce, without accompaniments: 237 cal.; 35 g protein; 7.2 g fat (1.8 g sat.); 6.7 g carbo.; 307 mg sodium; 141 mg chol.

Per serving original braised pork with green chili sauce, without accompaniments: 332 cal.; 31 g protein; 20 g fat (5.7 g sat.); 6.4 g carbo.; 865 mg sodium; 108 mg chol.

For tacos, follow recipe for **chicken with green chili sauce** (preceding), except cut chicken into ¾-inch chunks. With a slotted spoon, transfer cooked chicken to a bowl; keep warm. Boil juices, uncovered, over high heat until most liquid evaporates, 3 to 5 minutes. Mix with chicken.

Omit rice. Spoon chicken mixture into **warm flour tortillas;** add tomatoes, sour cream, and lime juice; roll up to eat. □

Pasta #17 Passion

MOSTACCIOLI PUTTANESCA STYLE

2 Tbsp. olive or vegetable oil
1 can (2 oz.) anchovy fillets, drained and chopped
2 Tbsp. chopped capers
2 cloves garlic, minced
1/2 tsp. crushed red pepper
3 1/2 cups (28 oz. can) whole or stewed tomatoes, undrained
1 cup ready-to-serve beef broth
1 cup sliced pitted ripe olives
2/3 cup (6 oz. can) tomato paste
1/3 cup chopped fresh parsley
6 cups (16 oz.) RONZONI Mostaccioli, uncooked

In large skillet, heat oil; cook anchovies, capers and garlic 3 minutes. Stir in remaining ingredients except pasta; heat to boiling, stirring occasionally to break up tomatoes. Reduce heat; simmer 30 minutes, stirring occasionally. Cook pasta according to package directions; drain. Serve sauce over hot pasta. Makes 8 servings (1-1/2 cups each).

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DIJON CHICKEN SALAD SANDWICH

ombine 3/4 cup BEST FOODS Mayonnaise, 1/4 cup ced green onions, 1 Tbsp Dijon mustard, 1 tsp ied dill, 1/2 tsp salt and 2 cups cubed chicken. l croissants with lettuce, tomato and chicken lad. Serves 6.

ULTIMATE ROAST BEEF SANDWICH

ombine 3/4 cup BEST FOODS Mayonnaise and Tbsp horseradish. Fill rolls with 3/4 lb sliced roast eef, lettuce, tomato, onion and mayonnaise ixture. Serves 4.

HAM AND COLE SLAW SANDWICH

ombine 1/2 cup BEST FOODS Mayonnaise, 2 Tbsp der vinegar, 2 tsp sugar and 1/2 tsp salt. Add cups shredded cabbage or slaw mix. Layer 4 lb sliced ham and slaw between pumpernickel read. Serves 4.

TURKEY WALDORF SANDWICH

ombine 3/4 cup BEST FOODS Mayonnaise, 1/3 cup ach chopped celery and walnuts and 1 tsp lem- n juice. Layer lettuce, 3/4 lb sliced turkey, apple ices and mayonnaise mixture between toasted read. Serves 4.

GARDEN TUNA SALAD POCKETS

ombine 2 (6 1/2 oz) cans tuna, 3/4 cup BEST OODS Mayonnaise and 1/2 cup each chopped nion and celery. Fill pitas with tuna salad, prouts, tomato and cucumber. Serves 4.

HEAVENLY HERO

ombine 1 cup BEST FOODS Mayonnaise, 2 Tbsp ine vinegar, 2 tsp dried Italian seasoning and ash garlic powder. Layer split loaf Italian bread ith 1 lb assorted deli meats and cheese, lettuce, omato and mayonnaise mixture. Serves 6.

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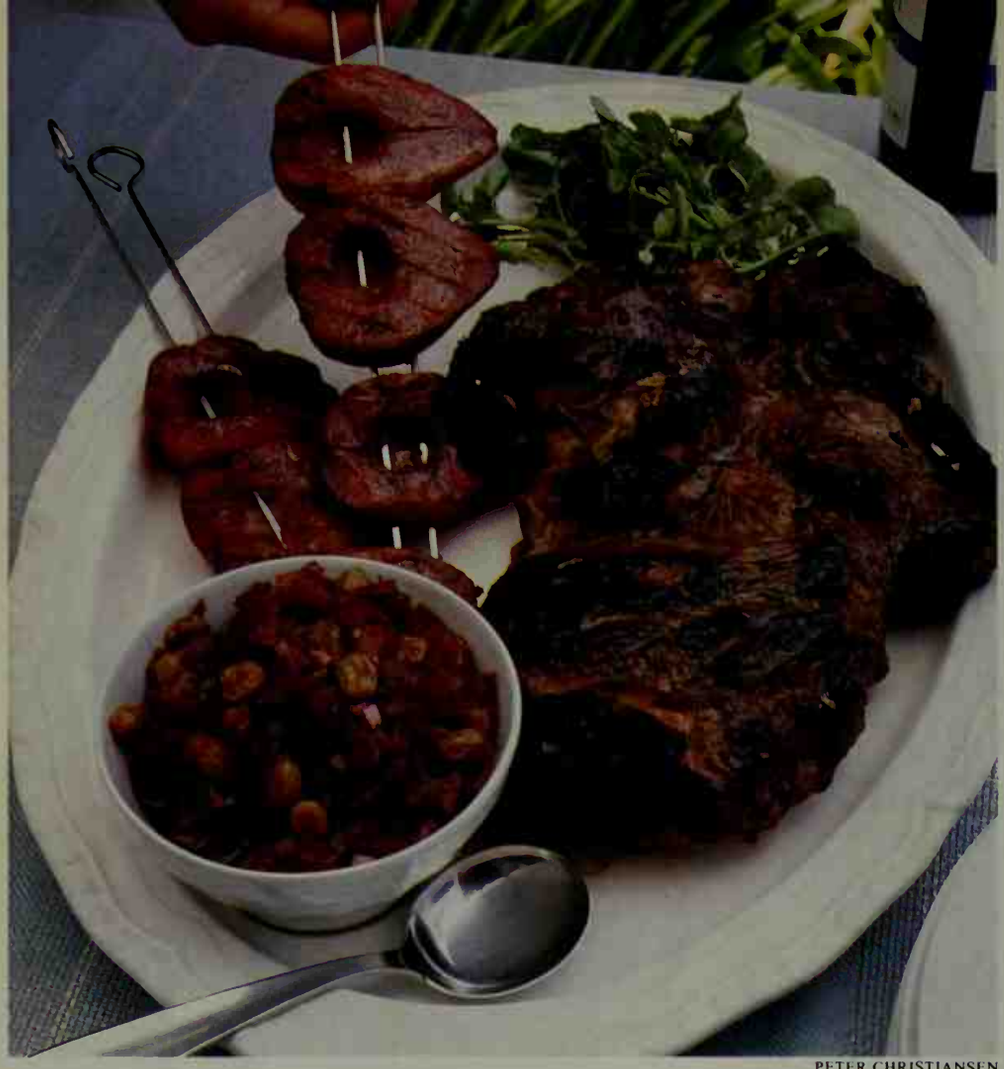

PETER CHRISTIANSEN

Grilled butterflied leg of lamb and skewered pears were first marinated in an onion-orange mixture; boil down the marinade to make a tart relish

Barbecued lamb, pancake soufflé . . . fall pears steal the show

For the showoff ingredient in these two dishes, use the season's late Bartlett or early winter pears. The leg of lamb soaks in a piquant marinade, then grills with pears soaked in the same mixture. Dessert is a fragile hot soufléed pancake that bakes on butter-simmered pears.

Grilled Butterflied Leg of Lamb and Pears with Onion Relish

Onion relish marinade (recipe follows)
5 or 6 large (about 8 oz. each) firm-ripe pears, peeled, cut in half lengthwise, and cored
1 leg of lamb (about 6 lb.), boned
Salt and pepper

Bring onion marinade to boil on high heat. Add pears; reduce heat, cover, and simmer, turning fruit over occasionally, until pears are tender when pierced, 10 to 30 minutes, depending on ripeness.

With a slotted spoon, gently transfer pears to a bowl. Pour about ¼ of the liquid through a strainer onto the pears; return seasonings to pan. Cover pears; let stand up to 2 hours or chill up to overnight. Turn fruit over occasionally.

Rinse lamb and pat dry; trim excess fat. With boned side up, cut long, deep slashes through thickest sections and press apart to even the thickness of meat. Put meat in a large bowl with remaining marinade. Cover and chill for 2 hours or up until next day; turn meat over several times.

Lift lamb from marinade, shaking off seasonings; set aside. Return marinade from lamb and liquid from pears to pan; boil over high heat, uncovered, until reduced to about 2½ cups and most of liquid has cooked away, 10 to 15 minutes; stir often. Pour this onion relish into small bowl.

Lay lamb out flat, boned side up, on a grill over a solid bed of hot coals (you can hold your hand at grill level for only 2 to 3 seconds). Scatter 10 charcoal briquets onto coals. Cook until meat is evenly browned and done as you like in thickest part (cut to test); turn as needed. For medium-rare, allow about 45 minutes.

About 15 minutes before lamb is read thread pear halves, same sides up, on parallel skewers (to keep the fruit fro spinning). Lay pears on grill until war about 15 minutes, turning them sever times. Transfer meat and pears to a larg platter. Slice meat and serve with fru and onion relish. Add salt and pepper t taste. Makes 10 to 12 servings.

Per serving: 317 cal.; 32 g protein; 9 g fat (3 g sat.); 27 g carbo.; 115 mg sodium; 97 mg chol.

Onion relish marinade. With a vegetabl peeler, pare 1 medium-size **orange,** re moving only the orange part of the pee Finely chop peel and put into a 4- to 5 quart pan. Cut off and discard remainin peel and white membrane. Holding frui over pan, cut away membrane on sides o segments to release segments into pan Squeeze juice from membrane into pan discard membrane.

To pan add 1 large (about ¾ lb.) re **onion,** minced; 2 cups **dry red wine;** ½ cu **regular-strength beef broth;** ½ cup **golde** or dark **raisins;** ¼ cup *each* **raspberr vinegar** and **balsamic vinegar** (or all rasp berry vinegar); 2 tablespoons mince **fresh ginger;** ¼ cup **sugar;** and 1 table spoon **Dijon mustard.**

Golden Pear Pancake Soufflé

3 tablespoons butter or margarine
⅓ cup chopped pecans
¼ cup firmly packed brown sugar
1 tablespoon lemon juice
1 teaspoon ground cinnamon
3 large (about 8 oz. each) firm-ripe pears, peeled, cored, and cut lengthwise into thick slices
Soufflé topping (directions follow)

Melt butter over medium heat in a 1½ quart shallow pan or 10-inch frying pan with ovenproof handle. Add pecans, sug ar, lemon juice, and cinnamon; stir unti bubbly. Add pears and cook, turning of ten with a spatula, until fruit is slightly tender when pierced, 5 to 10 minutes.

While pears are cooking, prepare soufflé topping. (If pears are ready first, keep them warm on lowest heat.) Pour topping over pears and jiggle pan to settle batter down around fruit; let cook about 30 seconds. Transfer to a 300° oven and bake until top is dark gold and center appears set when pan is jiggled, about 35 minutes. Spoon into bowls. Makes 6 servings.

Per serving: 356 cal.; 7.2 g protein; 16 g fat (6 g sat.); 49 g carbo.; 118 mg sodium; 196 mg chol.

Soufflé topping. Whip 5 **large egg whites** and ¼ teaspoon **cream of tartar** in a deep bowl on high speed until foamy. Continue to beat, gradually adding ½ cup **granulated sugar,** until whites hold stiff peaks.

With unwashed beaters, beat 5 **large egg yolks** in a small bowl on high speed until about double in volume. Stir in ⅓ cup **all-purpose flour,** ¼ cup **half-and-half** (light cream), and 1 teaspoon **vanilla;** beat until mixed. Stir ¼ of the whites into yolks, then fold all together. Use at once. □

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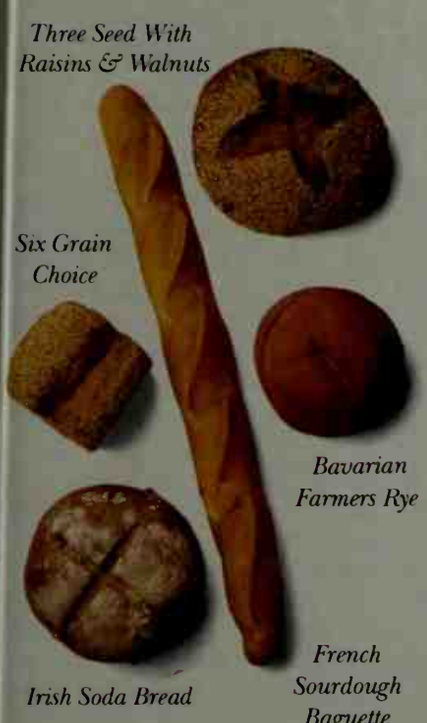

You may think the bread in all supermarket bakeries is baked from scratch by skilled professionals. That's not necessarily the case. "Baking" in many stores consists of a grocery clerk popping frozen dough into the oven.

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DARROW M. WATT

Poppy seed–speckled chunky potato salad also includes apples, toasted pecans, and raisins; in dressing, fruitiness of late-harvest wine balances cider vinegar

Our readers share their potato salads . . . simple to exotic

A standard for hot weather meals, potato salad can be simple, exotic, or anything in between. Here, three *Sunset* readers offer wholesome and refreshing variations on this popular dish.

Viennese Potato Salad

- ½ cup pecan or walnut pieces
- 2½ pounds cooked red thin-skinned potatoes (directions follow)
- 3 large (about 1½ lb. total) red apples such as Red Gravenstein or Red Delicious
- ½ cup chopped green onions
- ⅓ cup raisins or currants
- ⅓ cup late-harvest Gewürztraminer or Johannisberg Riesling
- ⅓ cup cider vinegar
- 2 tablespoons salad oil
- 1 tablespoon grated lemon peel
- 2 teaspoons poppy seed

In a 7- to 8-inch frying pan, stir the pecans over medium-high heat until lightly browned and toasted, 2 to 3 minutes. Pour nuts from pan, let cool, then coarsely chop. Set aside.

Cut potatoes into 1-inch cubes. Remove cores from 2 of the apples and cut the fruit into 1-inch chunks. In a large bowl, combine nuts, potatoes, apples, onions, raisins, wine, vinegar, oil, lemon peel, and poppy seed; mix gently. If made ahead, cover and chill up to 6 hours.

Mound salad onto a serving platter. Core remaining apple and cut into slices; fan slices out along the salad on 1 side of the platter. Makes 6 to 8 servings.—*Roxanne Chan, Albany, Calif.*

Per serving: 267 cal.; 3.8 g protein; 8.8 g fat (0.9 g sat.); 44 g carbo.; 13 mg sodium; 0 mg chol.

Citrus Grove Potato Salad

- 2 tablespoons grated orange peel
- ½ cup orange juice
- 6 tablespoons lemon juice
- ⅓ cup mayonnaise
- 3 pounds cooked small thin-skinned potatoes (directions follow), peeled
- 3 large (about 1¾ lb. total) oranges
- 1 large (about ¾ lb.) red onion, chopped
- 1 large (about ½ lb.) firm-ripe avocado
- 2 tablespoons minced fresh cilantro (coriander)
- Salt and pepper

In a large bowl, stir together orange pe orange juice, 5 tablespoons lemon juic and mayonnaise. Cut potatoes into 1-in cubes and add to bowl; mix gently. Cov and chill at least 1 hour or up to 6 hou

With a knife, cut peel and white mer brane from oranges. Cut oranges cros wise into ¼-inch-thick slices; arran slices on 1 side of a serving platter. S onion into potato mixture, then mou potatoes in the center of platter.

Peel, pit, and slice avocado into th wedges. Sprinkle with remaining 1 tabl spoon lemon juice. Fan avocado on platt beside salad and opposite the orange Sprinkle salad with cilantro. Season ind vidual portions to taste with salt and pe per. Serves 6 to 8.—*Barbara J. Morga Concord, Calif.*

Per serving: 295 cal.; 4.9 g protein; 11 g fat (0.9 sat.); 46 g carbo.; 69 mg sodium; 5.3 mg chol.

Tri-mustard Potato Salad

- 1 jar (6 oz.) marinated artichokes
- 3 tablespoons balsamic vinegar
- 3 pounds cooked red thin-skinned potatoes (directions follow)
- 5 cups (about 5 oz.) loosely packed watercress sprigs, rinsed and crisped
- 1 cup black ripe pitted olives
- ¼ cup (about 5 slices) crumbled cooked bacon
- 2 tablespoons minced parsley
- Tri-mustard dressing (recipe follows)

Drain artichokes, reserving 3 tablespoon of marinade; mix marinade with vinega Cut potatoes into ½-inch-thick slices Layer slices in a 9- by 13-inch dish, sprin kling each layer with marinade mixture Let stand at least 30 minutes; if mad ahead, cover and chill up to 4 hours.

Arrange potatoes and marinade, arti chokes, watercress, and olives on a platter then sprinkle with bacon and parsley. Of fer dressing to add to taste. Serves 6 t 8.—*J. Hill, Sacramento.*

Per serving: 203 cal.; 5.5 g protein; 5.7 g fat (1.6 g sat.); 33 g carbo.; 341 mg sodium; 3.3 mg chol.

Tri-mustard dressing. Mix together ½ cup **mayonnaise,** 1 tablespoon **honey mustard,** 1 tablespoon **Dijon mustard,** ½ teaspoon **dry mustard,** 1 tablespoon **water** and 1 tablespoon **lemon juice.**

Per tablespoon: 53 cal.; 0.1 g protein; 5.6 g fat (0.8 g sat.); 1 g carbo.; 72 mg sodium; 4 mg chol.

Cooked potatoes for salads

Scrub **thin-skinned potatoes,** then put them in a 4- to 5-quart pan. Add water to barely cover the potatoes. Over medium-high heat, bring water to just below boiling, then cover pan; barely simmer until potatoes are tender when pierced, 30 to 45 minutes, depending on thickness. Drain potatoes; let cool. If done ahead, let stand up to 3 hours. For best flavor, season before chilling. □

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DARROW M. WATT

Serve pork-apple stir-fry over rice. Orange slices echo flavors in the tangy teriyaki marinade

Speedy ways with pork

The quick-cooking potential of pork is realized in these two dishes. In the first, couscous goes with pan-browned slender tenderloins in their own rich sauce. In the second, fat-trimmed meat from the shoulder or loin mixes with apples in a stir-fry.

Pork Tenderloin with Couscous

- 1½ pounds (about 2) pork tenderloin
- 2 teaspoons sugar
- 1 tablespoon salad oil
- 2⅓ cups regular-strength beef broth
- 1 tablespoon *each* mustard seed and balsamic vinegar
- 2 teaspoons minced fresh or 1 teaspoon dry oregano leaves
- 1 tablespoon butter or margarine
- 1 cup (8 oz.) couscous
- ½ cup sliced green onions
- ½ cup dry red wine
- 2 teaspoons cornstarch mixed with 2 teaspoons water
- ½ pound asparagus, tough ends broken off
- Salt and pepper

With a knife, trim fat and membrane from meat; sprinkle meat with sugar.

Pour oil into a 10- to 12-inch frying pan over medium-high heat; add pork and brown on all sides, about 4 minutes. Add ⅔ cup broth, mustard seed, vinegar, and oregano; cover and simmer over medium-low heat just until meat is no longer pink in center (cut to test), or until a thermometer in center of thickest part registers 155° to 160°, about 12 minutes.

Meanwhile, in a 2- to 3-quart pan over high heat, bring 1⅓ cups broth and butter to a boil. Stir in couscous. Cover, remove from heat, and let stand until liquid is absorbed, about 5 minutes; keep warm up to 15 minutes. Stir in onions with a fork.

Lift pork onto a platter; keep warm. To pan, add remaining ⅓ cup broth and wine; boil, uncovered, on high heat until reduced to ¾ cup, about 2 minutes. Stir in cornstarch mixture; stir until boiling.

While sauce reduces, bring ½ inch of water to a boil in another 10- to 12-inch frying pan over high heat. Add asparagus and cook, uncovered, just until they are barely tender when pierced, 4 or 5 minutes. Drain.

Slice meat and arrange on a platter. Mound couscous beside meat; top with asparagus. Spoon sauce onto meat. Add salt and pepper to taste. Serves 4 or 5.

Per serving: 412 cal.; 36 g protein; 9.4 g fat (3 g sat.); 41 g carbo.; 100 mg sodium; 95 mg chol.

Mild mustard seed speckles glossy brown sauce made with cooking juices from pork tenderloin; asparagus on couscous completes the main course

Pork Stir-Fry with Apple

- 1 pound boned pork from the loin or shoulder (butt)
- Teriyaki sauce (recipe follows)
- 2 medium-size (about ¾ lb. total) red apples such as Red Delicious, cored and chopped
- 2 tablespoons lemon juice
- About 2 tablespoons salad oil
- 1 small onion, cut into thin wedges
- 3 cups hot cooked rice
- 1 or 2 medium-size oranges (peeled, if desired), sliced crosswise
- Mint sprigs (optional)

Trim and discard fat and tough connective tissue from pork. Slice meat across the grain into 1/16- to ⅛-inch-thick strips about 2 inches long. In a small bowl, mix meat with teriyaki sauce; cover and chill at least 15 minutes, or up to overnight.

Mix apple with lemon juice; set aside.

Place a wok or 12-inch frying pan over high heat. When hot, add 1 tablespoon oil and onion. Stir-fry until onion is limp, about 2 minutes. Add apples with lemon juice; stir-fry until hot, about 1 minute. Spoon mixture into a bowl and set aside.

With a slotted spoon, lift ½ the meat into pan. Stir-fry until meat is lightly browned, about 2 minutes; add cooked meat to fruit. Repeat to cook remaining meat; when lightly browned, add sauce and cooked meat and fruit to pan. Stir until boiling.

Mound rice onto a platter and pour meat mixture over rice; garnish with orange slices and mint sprigs. Makes 4 servings.

Per serving: 521 cal.; 27 g protein; 17 g fat (4 g sat.); 65 g carbo.; 91 mg sodium; 76 mg chol.

Teriyaki sauce. Mix ½ cup **orange juice,** ¼ cup minced **fresh mint leaves,** 2 tablespoons **soy sauce,** 1 tablespoon minced **fresh ginger,** and 1 **clove garlic,** minced or pressed. □

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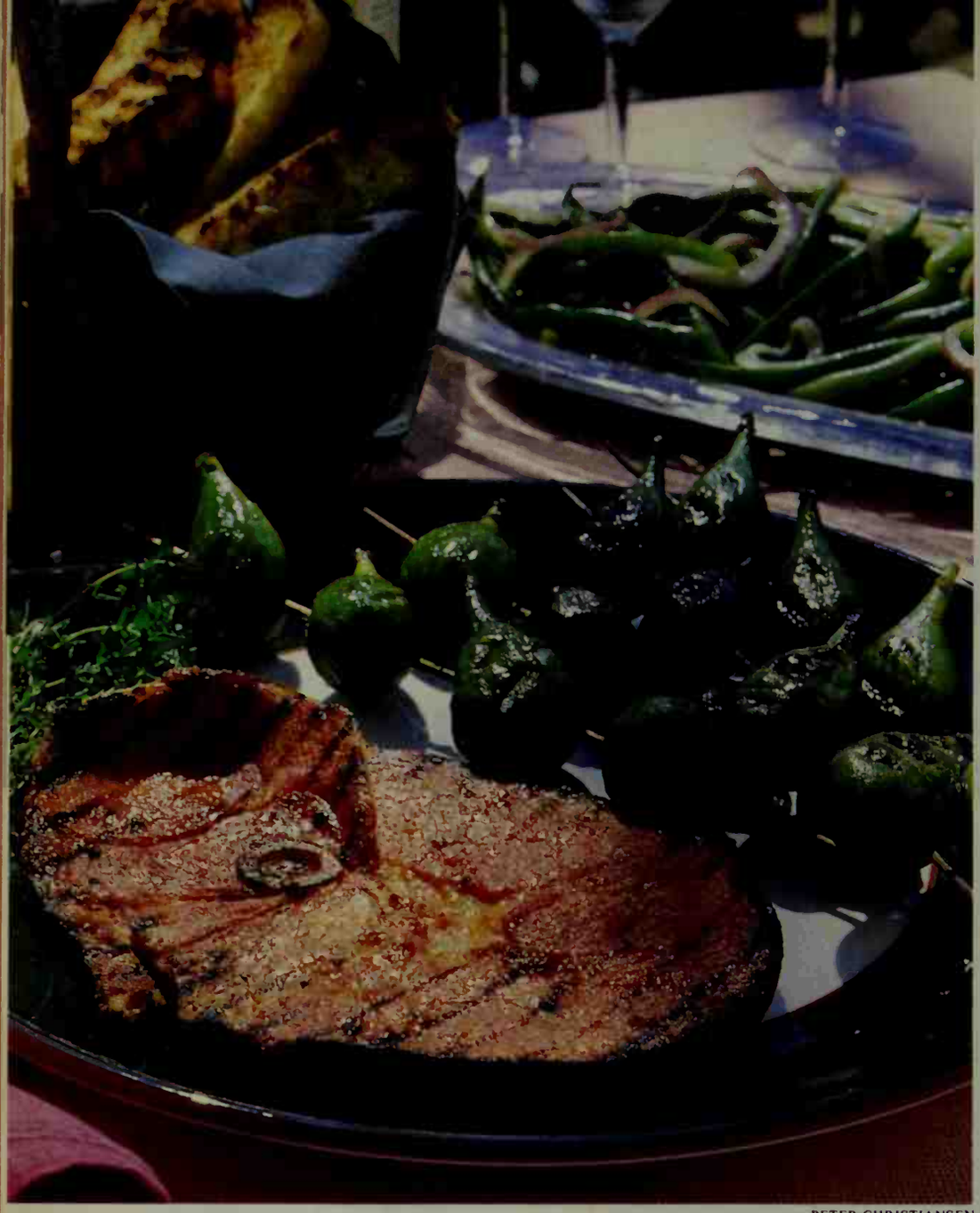

PETER CHRISTIANSEN

Shiny honey-mustard glaze flavors grilled ham steak and skewered green figs; accompany with herb-basted breadsticks and marinated green beans

SEPTEMBER MENUS

Quick dinner on the barbecue, splashy swordfish, breakfast on a tray

As we say good-bye to summer th month, take advantage of warm weath with suppers cooked on the barbecue, a carry breakfasts outside on a tray to eat the garden.

Summer supper from the gri

This simple grilled menu goes togeth with ease in less than an hour.

Honey-Mustard Ham Steak with Skewered Figs
Grilled Breadsticks
Cold Green Beans and Red Onion Slivers with Olive Oil and Balsamic Vinegar
Papaya Halves filled with Frozen Vanilla Yogurt and Chopped Candied Ginger
Fumé Blanc Sparkling Cider

Season breadsticks while the barbecue heating. Grill ham and figs; toast brea just when meat comes off the grill.

Honey-Mustard Ham Steak with Skewered Figs

- 2 tablespoons *each* honey and Dijon mustard
- 2 teaspoons cider vinegar
- ¼ teaspoon coarsely ground pepper
- 16 small or 8 large ripe figs (1 to 1¼ lb. total), stems trimmed; cut large figs in half
- 1 center-cut slice (about 1 lb.) cooked ham

Mix honey, Dijon, vinegar, and pepper t make glaze. Thread an equal number o figs on 4 slender skewers.

Place figs and ham on a grill 4 to 6 inche above a solid bed of medium-hot coal (you can hold your hand at grill level onl 3 to 4 seconds). As meat cooks, brus several times with glaze and turn over a least twice. Turn figs to heat through brush with glaze. When figs are hot an ham is lightly browned, 8 to 10 minute total, transfer to a platter. Serves 4.

Per serving: 356 cal.; 24 g protein; 15 g fat (5.2 g sat.); 32 g carbo.; 1,800 mg sodium; 61 mg chol.

Grilled Breadsticks

Combine ⅓ cup **olive oil,** 2 cloves minced **garlic,** and 1 teaspoon **dried thyme leaves** Cut 2 **sourdough sandwich rolls** (each 6 in long) lengthwise into quarters. Brush bread equally with seasoned oil. Lay wedges on a grill and lightly toast on all sides, 2 to 3 minutes total. Makes 8 pieces.

Per piece: 163 cal.; 2.6 g protein; 9.8 g fat (1.4 g sat.); 16 g carbo.; 165 mg sodium; 0.9 mg chol.

Pancake breakfast

Make soufflé cakes and serve at once—they settle upon cooling.

Blackberry Soufflé Cakes
Lemon Curd or Lemon Yogurt
Blackberries
Herbal Tea Pineapple Juice

Offer berries separately or spooned onto warm pancakes; top both with homemade

SANTA FE EXPRESS

You'll be rolling up for dinner right on time with Del Monte® Mexican Style Stewed Tomatoes. They're the quickest way to add a rich, zesty flavor to this Southwestern recipe.

RANCHERO ROLLUPS

1 onion, cut into wedges
2 Tbsp. oil
1 can (14½ oz.) Del Monte Mexican Style Stewed Tomatoes
½ tsp. oregano, crushed
1½ cups shredded cooked chicken
1 can (4 oz.) whole green chiles, cut into strips
4 flour tortillas
2 tsp. red wine vinegar

In large skillet, cook onion in 1 Tbsp. oil until tender-crisp. Drain tomatoes, reserving liquid. Add liquid and oregano to skillet; cook over high heat 3 min., stirring frequently. Stir in meat and chiles; remove from heat. Spoon chicken mixture onto each tortilla; roll up. Add remaining Tbsp. oil to skillet and lightly brown rollups. Chop tomatoes; stir in vinegar. Pour over rollups, cover and cook over low heat 3 min. 4 servings.

Prep time: 8 min.
Cook time: 12 min.

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or purchased lemon curd, or, for a lean alternative, use low-fat lemon yogurt.

Blackberry Soufflé Cakes

- ½ cup all-purpose flour
- ¾ teaspoon baking powder
- ½ cup nonfat or low-fat milk
- 5 large eggs, separated
- 1 teaspoon vanilla
- 1 cup blackberries, rinsed and drained
- ½ teaspoon cream of tartar
- 1 tablespoon sugar
- Melted butter or margarine

In a bowl, mix flour and baking powder. Add milk, yolks, and vanilla; whisk smooth. Gently stir in berries. In a large bowl, whip egg whites and cream of tartar until foamy; gradually whip in sugar until whites form stiff, moist peaks. Gently fold batter into whites.

Heat an electric griddle to 350°, or place a griddle over medium heat. When griddle is hot enough to make a drop of water bounce, brush lightly with butter. For each pancake, spoon ⅓ cup batter onto griddle. When bottoms are browned, turn and cook until well browned on bottoms and edges feel dry, 8 to 10 minutes total. Makes about 18 cakes, 4 to 5 servings.

Per serving: 191 cal.; 8.6 g protein; 9.1 g fat (4 g sat.); 18 g carbo.; 179 mg sodium; 223 mg chol.

Alfresco dinner on the patio

A splash of Mediterranean colors and robust flavors enhance this easy meal.

Grilled Swordfish with Rosemary Aïoli
Lentil and Bell Pepper Salad
Sliced Tomatoes
Melba Compote
Chardonnay Sparkling Water

You can make salad and aïoli ahead of time. While coals ignite, slice tomatoes and set table.

For the finale, alternate fresh raspberries and peach slices in stemmed wine glasses. Drizzle fruit with blackberry-flavor liqueur for adults, berry-flavored syrup for youngsters.

Grilled Swordfish with Rosemary Aïoli

- 4 swordfish steaks (1¼ to 1½ lb. total), cut 1 inch thick
- 1 tablespoon olive oil
- Rosemary aïoli (recipe follows)
- Salt

Rinse fish steaks and pat dry, then brush oil on all sides. Place fish on a lightly greased grill 4 to 6 inches above a solid bed of hot coals (you can hold your hand at grill level only 2 to 3 seconds). Cook, turning once with a wide metal spatula, until fish is opaque but still moist-looking in thickest part, 7 to 10 minutes. Transfer fish on spatula to a warm platter. Add aïoli and salt to taste. Serves 4.

Per serving: 201 cal.; 28 g protein; 9.1 g fat (2 g sat.); 0 g carbo.; 128 mg sodium; 55 mg chol.

Rosemary aïoli. Combine 1 cup **mayonnaise,** 1½ tablespoons **lemon juice,** 4 cloves minced **garlic,** and 1½ teaspoons minced **fresh rosemary** or ¾ teaspoon dry rosemary. Cover and chill at least 1 hou or up to 2 days. Makes about 1 cup.

Per tablespoon: 100 cal.; 0.2 g protein; 11 g fat (1.6 g sat.); 0.7 g carbo.; 79 mg sodium; 8.1 mg chol.

Lentil and Bell Pepper Salad

- 1½ cups (10 to 11 oz.) lentils
- 3 cups regular-strength chicken broth
- 1 *each* small (about 5 oz.) red and yellow bell pepper (or 2 of 1 color), stemmed, seeded, and diced
- Dressing (recipe follows)
- 5 slices crisply cooked and well-drained bacon (about ¼ lb. uncooked)
- Fresh basil sprigs
- Salt and pepper

Sort and remove debris from lentils; rins and drain, then put in a 3- to 4-quart par Add broth. Bring to boiling on high heat cover and simmer until lentils are jus tender to bite, 20 to 25 minutes. Drai well, reserving any liquid. Add bell pep pers and dressing to lentils; mix wel Serve warm, cool, or cover and chill u until next day. If made ahead, you ma want to moisten lentils slightly with re served liquid. Crumble bacon over lentil and garnish with basil. Add salt and pep per to taste. Serves 4.

Per serving: 388 cal.; 25 g protein; 13 g fat (2.7 g sat.); 46 g carbo.; 176 mg sodium; 6.7 mg chol.

Dressing. Whisk together 6 tablespoon **raspberry** or red wine **vinegar,** ¼ cu chopped **fresh basil leaves** or 2 teaspoon dry basil leaves, 2 tablespoons **olive oil** and 1 tablespoon minced **shallots.**

PETER CHRISTIANSEN

Top puffy blackberry pancakes with tart lemon curd and more berries

To use our nutrition information

Sunset recipes contain nutrition information based on the most current data available from the USDA for calorie count; grams of protein, total fat (including saturated fat), and carbohydrate; and milligrams of sodium and cholesterol.

This analysis is usually given for a single serving, based on the largest number of servings listed for the recipe. Or it's for a specific amount, such as per tablespoon (for sauces), or by a unit, as per cooky.

The nutrition analysis **does not include** optional ingredients or those for which no specific amount is stated (salt added to taste, for example). If an ingredient is listed with an alternative—such as unflavored yogurt or sour cream—the figures are calculated using the first choice. Likewise, if a range is given for the amount of an ingredient (such as ½ to 1 cup butter), values are figured on the first, lower amount.

Recipes using regular-strength chicken broth are based on the sodium content of salt-free homemade or canned broth. If you use canned salted chicken broth, the sodium content will be higher.

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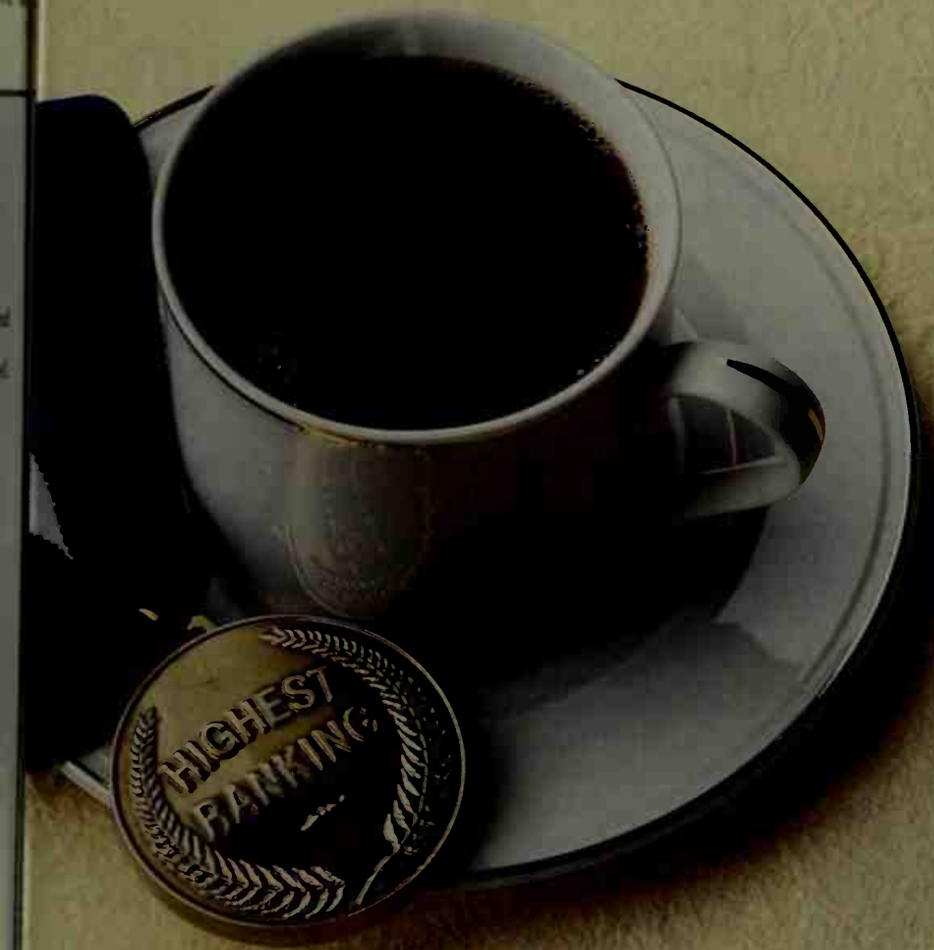

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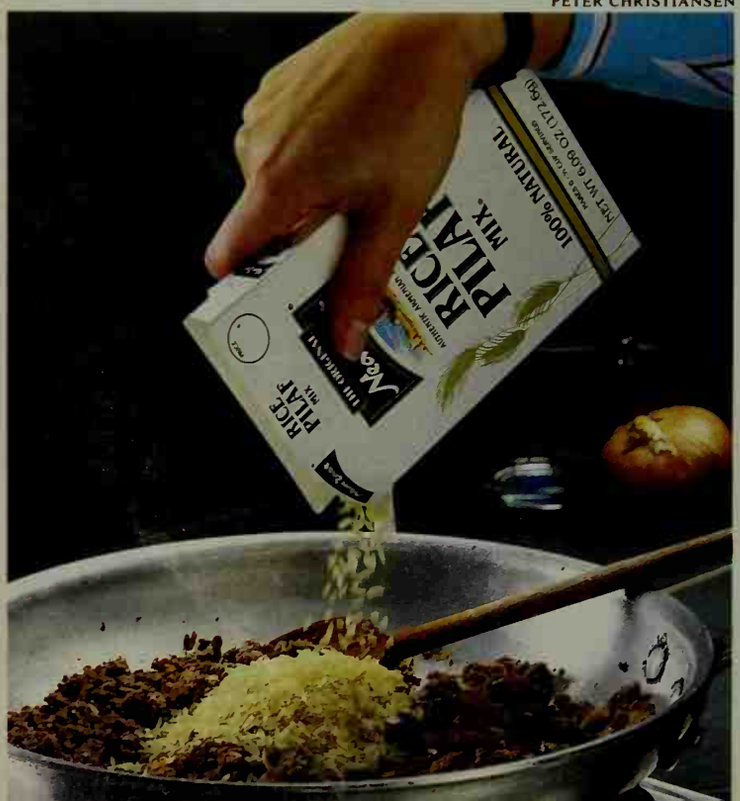
PETER CHRISTIANSEN



Packaged dry mixes for traditional Middle Eastern specialties form the base for these appealingly easy recipes. Boldly seasoned with the cuisine's characteristic herbs and spices—including lemon, garlic, sesame, cumin, and coriander—these mixes can quickly transform plain dishes into well-seasoned ones.

Hummus (made from ground garbanzos) and tahini (made from ground sesame seed) are most commonly served as dips for raw vegetables and bread. Tahini can also be thinned for use as a salad dressing. Here we offer two more inventive uses for either of the mixes: as an ingredient in a rustic crusty bread or in a creamy, baked cheese–like custard. The garbanzos and sesame seed each contribute a nutty flavor and dense, hearty texture to these choices.

We also built on a spiced rice pilaf mix by adding lamb and onion to make a quick one-pan meal; serve with a refreshing cucumber-yogurt-mint salsa.

Look for hummus, tahini, and rice pilaf mixes in supermarkets and natural-food stores in the section with rice and rice mixes or with the fancy foods. The mixes are sometimes also available by

Addition of packaged rice pilaf mix transforms sautéed lamb and onions into a full meal, bringing together many traditional Middle Eastern flavors

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PETER CHRISTIANSEN

Tahini mix flavors baked custard, gives it cheese-like consistency; here it's served as a first course with crisp greens and yogurt

the pound in the bulk-foods section some stores.

Hummus or Tahini Bread

- 2 large eggs
- ⅔ cup milk
- 1 package (6 oz.) hummus bean dip or tahini dip and dressing mix (about 1½ cups)
- About 1½ cups all-purpose flour
- 1 teaspoon baking soda
- ½ teaspoon baking powder

Lightly beat eggs; reserve 1 tablespoon. a food processor or bowl, blend remaini eggs and milk. In another bowl, combi hummus or tahini mix and 1½ cups flo baking soda, and baking powder. Mix d ingredients into liquid ingredients.

In a food processor or bowl, whirl or st just until dough sticks together. If doug clings heavily to bowl, add flour, 1 tabl spoon at a time, as needed. Workin quickly, scrape dough onto a light floured board and shape into a smooth inch round (dough dries out as it sits place on an oiled 12- by 15-inch bakin sheet. Brush loaf with reserved 1 tabl

How much Tabasco® sauce does it take to bring your shrimp out of its shell?

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dish, try a half-teaspoon or so in the butter to really bring it out.

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on egg. Bake in a 350° oven until den brown, 30 to 40 minutes. Makes 1 (about 1⅓ lb.).

ounce: 80 cal.; 2.6 g protein; 4 g fat (0.3 g); 8.1 g carbo.; 59 mg sodium; 21 mg chol.

mb Pilaf

- pound ground lean lamb
- large (8 oz.) onion, coarsely chopped
- package (6 to 8 oz.) rice pilaf mix with Middle Eastern seasonings
- Cucumber salsa (recipe follows)

a 12-inch frying pan or 5- to 6-quart n, cook lamb and onion over medium-gh heat, stirring often, until meat is owned and onion is golden, about 15 nutes; discard any fat. Return to heat. hen meat sizzles, add ¼ cup water and r to release browned bits; when liquid aporates, repeat this procedure twice.

pan, add pilaf mix (including season-g packet) and water amount specified package directions for making entire ix. Bring to a boil, cover, and simmer til rice is tender to bite and liquid has aporated, about 15 minutes. Transfer to platter; serve with salsa. Serves 6

r serving: 329 cal.; 18 g protein; 12 g fat (4.5 g t.); 35 g carbo.; 563 mg sodium; 51 mg chol.

ucumber salsa. In a bowl, mix 1 pound bout 1 large) coarsely chopped **Europe-n cucumber,** 1 cup **unflavored nonfat ogurt,** ½ cup chopped **parsley,** 2 table-oons chopped **green onion,** 2 table-oons chopped fresh **mint,** 1 tablespoon **mon juice,** 1 tablespoon drained **capers,** teaspoons **olive oil,** and 1 clove **garlic,** inced or pressed. Makes 3 cups.

lummus or Tahini Custard ith Condiments

- ½ cups milk
- 1 package (6 oz.) hummus bean dip or tahini dip and dressing mix (about 1½ cups)
- 3 large eggs
- Condiments (suggestions follow)

n a blender, food processor, or large owl, beat milk, hummus or tahini mix, nd eggs until well blended. Pour into 8 reased custard or soufflé cups (each bout ½ cup). Place cups in a larger bak-ng pan in a 350° oven. Add boiling water o fill larger pan about 1 inch deep.

Bake until center is set and a knife insert-d in center comes out clean, 15 to 25 minutes. Remove cups from water; let cool 5 minutes. Run knife around edges nd invert custards onto plates, or serve rom cups. (If made ahead, cover and chill p until next day.) Serve hot, warm, or cool. Arrange with equal portions of con-diments on 8 dinner plates. Serves 8.

Per serving: 180 cal.; 8.2 g protein; 13 g fat (1.8 g sat.); 8.5 g carbo.; 200 mg sodium; 87 mg chol.

Condiments. Offer 8 cups **salad greens** (rinsed and crisped); 2 small (about 8 oz. total) firm-ripe **tomatoes,** cored and cut into wedges; about ⅔ cup **unflavored yogurt;** ½ cup thinly sliced **green onion;** ⅓ cup **salt-cured olives;** and **lemon wedges.** □

A whole new bite from the same old bird.

Chicken again? Yes, but chicken with a lively, exciting new zest: Steinfeld's Sauerkraut.

The sauerkraut makes it moist. And crunchy. And fresh. And tangy. The other ingredients make it spicy and sweet. So when you take a bite, your whole mouth is filled with pleasant surprises.

Try this recipe. It makes chicken taste like a whole new bird.

Chicken with a Bite

1 fryer, cut into pieces
6 new potatoes, cut into chunks
1 16-ounce jar Steinfeld's Sauerkraut, rinsed and drained
1 cup apple juice
½ tsp. curry powder
1 tsp. ginger
⅓ c. brown sugar
¼ c. raisins
salt, pepper to taste
oil

In a large skillet, fry chicken pieces in small amount of oil until brown. Then add drained sauerkraut and potatoes. Salt and pepper to taste. Mix apple juice with curry powder, ginger, and brown sugar, and pour over chicken. Simmer for 45 minutes, garnish with raisins and serve.

Steinfeld's

For more taste-tempting recipes, send $2.95 to Steinfeld's Recipes, 10001 N. Rivergate Blvd., Dept. S, Portland, OR 97203. (Postage and handling included.)

Sage blossoms and leaves season and decorate easy-to-make pasta. Brush wonton skin with cornstarch paste, arrange herbs and flowers, and press another wrapper on top. Roll to seal; cut fluted edges, if desired. Mix cooked pasta with butter and serve with chicke

They're "pasta pictures"

You sandwich fresh herbs and flowers in ready-made wrappers. They have a lively aromatic flavor

First-course pasta triangles have fresh herbs inside. Serve with olive oil, tomatoes

Remember pressing flowers in a book to capture their delicate beauty? You can get the same effect with pasta by sandwiching fresh herbs and flowers between transparent, ready-made wonton or egg roll wrappers. The pasta pictures are not only visually appealing, they also have the herbs' fresh, lively pungency.

The pasta is simple to assemble, stores well, and cooks in minutes. Recipes use nasturtium blossoms, and herbs and their flowers—buy them or harvest them from your garden; make sure they have been grown without pesticides. If you use flowers other than nasturtiums, be certain they are safe to eat.

Fresh Herb and Flower Pasta

Fresh herb leaves and flowers (see recipes following for choices)
2 teaspoons cornstarch
Won ton skins or egg roll wrappers (see recipes following)

Discard tough stems from herbs and flow ers. Rinse leaves and blossoms; drain dr

Mix cornstarch and 2 tablespoons wate until smooth. Work with 2 pieces of past at a time (keep remaining pasta covere with plastic wrap). Brush 1 side of eac piece of pasta with cornstarch mixture.

Arrange a single layer of a few herbs an flowers on top of 1 piece, leaving at least ¼-inch border of uncovered pasta aroun edges. Place the other pasta piece over th first and press gently with a rolling pin t seal and expel air. If desired, cut edge with a fluted ravioli cutter. Repeat wit remaining pasta, herbs, and flowers.

Lay pasta pieces slightly apart in a flour dusted 10- by 15-inch pan and cover wit plastic wrap; sprinkle with flour and laye more pasta on top. If made ahead, wra airtight and chill up to 1 day. Or freeze i a single layer until solid, then packag airtight up to 2 weeks.

DARROW M. WATT

Nasturtium blossom and tarragon leaves sparkle inside translucent pasta. Dress tepid pasta with lemon vinaigrette, arrange on greens

To cook, fill a 5- to 6-quart pan ¾ full of water and bring to a boil over high heat. Add about half of the pasta at a time (do not thaw if frozen) and boil gently until barely tender to bite, about 2 minutes; occasionally push pasta under the boiling water. Lift out a couple of pieces at a time with a slotted spoon, draining, and gently mix in a bowl with seasonings as directed in the following recipes.

Sage Pasta

Follow preceding recipe for **fresh herb and flower pasta,** using about 40 **fresh sage leaves** (each 2 to 3 in. long), 50 **fresh sage blossoms** (without stems), and 40 **won ton skins** (3¼-in. size; 9 oz. total).

Mix hot, drained pasta with 2 tablespoons melted **butter** or margarine. Transfer to warm plates and season pasta to taste with **salt, pepper,** and grated **parmesan cheese;** garnish with **fresh sage flowers** and **leaves.** Serves 4.

Per serving: 227 cal.; 8 g protein; 6.3 g fat (3.6 g sat.); 35 g carbo.; 76 mg sodium; 16 mg chol.

Nasturtium-Tarragon Pasta Salad

Follow preceding recipe for **fresh herb and flower pasta,** using 50 **tarragon leaves** (about 2 in. long), 20 **nasturtium flowers** (about 3 in. across; or use more tarragon), and 40 **wonton skins** (3¼-in. size; 9 oz. total). Mix hot pasta with 1½ teaspoons grated **lemon peel** and 6 tablespoons *each* **salad oil** and **lemon juice;** let cool.

On 4 plates, arrange 8 large (4 oz. total) **butter lettuce leaves,** rinsed and crisped; 2 cups lightly packed tender **nasturtium leaves,** or more lettuce, rinsed and crisped; and 1 cup thinly sliced, peeled **cucumber,** cut into matchstick slices. Spoon dressing over greens; arrange pasta on top. Season with **salt** and **pepper;** garnish with **nasturtium flowers.** Serves 4.

Per serving: 380 cal.; 9 g protein; 21 g fat (2.6 g sat.); 39 g carbo.; 35 mg sodium; 0 mg chol.

Mixed Herb Pasta Triangles

Follow preceding recipe for **fresh herb and flower pasta,** using 8 **egg roll wrappers** (6-in. size; 6 oz. total) and mixed fresh herbs, such as 8 **fresh basil leaves** (about 2 in. long), 16 **fresh oregano leaves** (about 1 in. long), 24 **fresh rosemary leaves** (about ¾ in. long), and 1½ teaspoons **fresh thyme leaves.** Instead of sealing 2 pasta wrappers together, sprinkle herbs over half of each square and fold each wrapper into a triangle. Trim edges evenly.

Mix hot pasta with 2 tablespoons **olive oil.** Serve the pasta warm or cool. Place 2 pasta triangles on each plate. Spoon chopped **firm-ripe tomatoes** (1 cup total) alongside pasta. Season pasta to taste with **salt, pepper,** and grated **parmesan cheese;** garnish with **fresh herb leaves.** Makes 4 servings.

Per serving: 186 cal.; 5.7 g protein; 7.2 g fat (0.9 g sat.); 25 g carbo.; 15 mg sodium; 0 mg chol. □

Dump ice cubes into puréed mixture of blueberries and lemon yogurt, then whirl until crushed to make the velvety beverage at right

PETER CHRISTIANSE

For a quick, light drink, whirl yogurt and fresh fruit

These thick but thinning drinks blend fruit with chunks of ice in minutes, forming a smooth, deceptively rich-tasting snack or dessert to enjoy frosty cool.

Blueberry Freeze

- 2½ cups blueberries, fresh or frozen and partially thawed
- 1 cup low-fat lemon-flavor yogurt
- 2 tablespoons lemon juice
- About 1 tablespoon sugar
- 2 cups small ice cubes or crushed ice

In a blender, whirl berries, yogurt, lemon juice, and 1 tablespoon sugar until smoothly puréed. Add half the ice at a time, whirling after each addition, to make a fine, slushy texture. Add more sugar, if desired. Pour into tall glasses. Makes about 4 cups, 2 to 4 servings.

Per serving: 122 cal.; 3.1 g protein; 1.0 g fat (0.4 g sat.); 27 g carbo.; 40 mg sodium; 2.3 mg chol.

Peach Dream

- Sugar
- 4 large (about 2 lb. total) ripe peaches
- 1 tablespoon lemon juice
- 1 small can (6 oz., ¾ cup) frozen pink lemonade concentrate
- 2 cups small ice cubes or crushed ice

Rub rim of 5 or 6 glasses (about 1-cup-size) with water, then dip in sugar to coat; set aside.

Peel and pit peaches; cut fruit in chunks into a blender.

To peaches, add the lemon juice and lemonade concentrate; whirl smooth. Add half the ice at a time, whirling after each addition, until mixture has a fine, slushy texture. Pour into sugar-rimmed glasses. Makes about 4½ cups, 5 or 6 servings.

Per serving: 127 cal.; 0.9 g protein; 0.2 g fat (0 g sat.); 33 g carbo.; 2.0 mg sodium; 0 mg chol.

Cappuccino-Orange Shake

- 1 cup orange juice
- 1 cup low-fat coffee-flavor yogurt
- 1 tablespoon orange marmalade or sugar
- 2 cups small ice cubes or crushed ice
- Orange slices (optional)
- Candy coffee beans (optional)

In a blender, whirl the orange juice, coffee-flavor yogurt, and orange marmalade with half the ice until the mixture has a fine, slushy texture. Add remaining ice and repeat.

Pour the cappuccino mixture into tall glasses; garnish glass rims with orange slices and sprinkle a few candy coffee beans onto each drink. Makes about 4 cups, 2 to 4 servings.

Per serving: 89 cal.; 3.2 g protein; 0.7 g fat (0.5 g sat.); 18 g carbo.; 39 mg sodium; 2.8 mg chol.

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3 cups cooked S&W Long Grain White Rice

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1 can (16 oz) S&W Fancy Early June Petit Pois Peas, drained

2 cups coarsely diced cooked ham

1 can (3 oz) sliced mushrooms, drained

Tabasco® brand or other hot pepper sauce

Parsley sprigs

Place hot rice in 3 to 3½ quart casserole dish. Add beans, tomatoes, peas, diced ham and sliced mushrooms. Stir, cover and microwave on high for 8 to 10 minutes. Season to taste with Tabasco® or hot pepper sauce. Garnish with parsley. Serves 6-8.

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It's time for a spelling bee . . . and late-summer tomatoes

Catsup, a sauce often used to disguise the flavor of a hamburger, was originally spelled ketchup. But by one of those philological accidents that occur now and then, this word was thought to be a proletarian mispronunciation of something more Anglo-Saxon, and so catsup was born. The word comes from Chinese *ketsiap* (meaning brine of pickled fish), which came from the Malay word, *kechap.*

Rodney Garside takes advantage of a large late-summer crop of tomatoes to make this catsup, or ketsiap, or kechap.

Homemade Catsup

- 10 pounds ripe tomatoes
- 1 large (about ½ lb.) onion, chopped
- 1 large (about ½ lb.) red bell pepper, stemmed, seeded, and chopped
- 1 teaspoon *each* celery seed, mustard seed, and whole allspice
- 1 cinnamon stick, about 2 inches long
- ¾ cup sugar
- 1 cup distilled white vinegar
- 1 tablespoon paprika
- Salt

To peel tomatoes (if desired), immerse in boiling water for 4 to 5 seconds. Then remove from water and pull off skins. Core and quarter tomatoes into a 10- to 12-quart pan. Add onion and bell pepper. Bring to a boil over medium-high heat, stirring frequently. Reduce heat and simmer, uncovered, until tomatoes mash readily, 20 to 25 minutes.

Whirl tomato mixture, a portion at a time, in a blender or food processor until smoothly puréed. Return mixture to pan and continue to boil gently, uncovered, until volume is reduced by half, about 1 hour and 45 minutes; stir occasionally.

Put celery seed, mustard seed, allspice, and the cinnamon stick on 2 stacked pieces of cheesecloth, each 6 inches square. Tie cloth to enclose spices; add to pan. Simmer 20 minutes. Remove spice bag and discard. Stir in sugar, vinegar, and paprika; continue to simmer, stirring frequently, until catsup is reduced to about 4 cups, 40 to 50 minutes. Add salt to taste. Let cool and use, or store in covered containers in the refrigerator for up to 3 weeks. Freeze to store longer. Makes about 1 quart.

Per tablespoon: 25 cal.; 0.7 g protein; 0.2 g fat (0 g sat.); 5.8 g carbo.; 5.5 mg sodium; 0 mg chol.

Rodney Garside

Tuolumne, Calif.

Rick Eastes' wilted greens with cilantro pesto is the apotheosis of greens: it snatches up edible but otherwise unremarkable foliage and creates a unique flavor. Once looked down upon as an element of the South's subsistence food, cooked or he... ed greens have become downright modi... as a salad or a bedding for quail and oth... upscale comestibles in California cuisin...

Wilted Greens with Cilantro Pesto

- 1½ tablespoons Oriental sesame oil
- 1 tablespoon curry oil or salad oil
- 1½ teaspoons chili oil
- ¾ cup lightly packed fresh cilantro (coriander), rinsed and drained
- 1 clove garlic
- 2 mild or hot Italian sausages, about ½ pound total
- ½ pound red Swiss chard, rinsed, leaves and stems trimmed apart and each thinly sliced
- 1 medium-size (about 5 oz.) red bell pepper, stemmed, seeded, and cut into thin slivers
- About ½ pound rapini (broccoli rabe) or Chinese broccoli (Chinese kale or *gai laan*), rinsed and drained, tough ends trimmed, and thinly sliced
- 4 baby bok choy (about ¾ lb. total), ends trimmed, separated into leaves, rinsed and drained
- About ¼ pound mâche or butter lettuce, separated into leaves, rinsed and drained
- About ¼ cup toasted nori slivers
- Soy sauce
- Lime wedges

In a blender or food processor, combine ... tablespoon of the sesame oil with curr... oil, chili oil, cilantro, and garlic. Whi... until puréed; set aside.

Remove sausage casings and crumbl... meat into a wok or a 5- to 6-quart par... Stir often over high heat until sausage i... well browned, about 10 minutes.

With a slotted spoon, transfer sausage t... towels to drain. Discard drippings an... wipe pan clean. Return pan to high heat... Add remaining sesame oil and swirl t... coat pan. Add chard stems and red bel... pepper; stir-fry 1 minute. Add char... leaves, rapini, and bok choy, stirring unti... greens are wilted (if pan gets full, sti...

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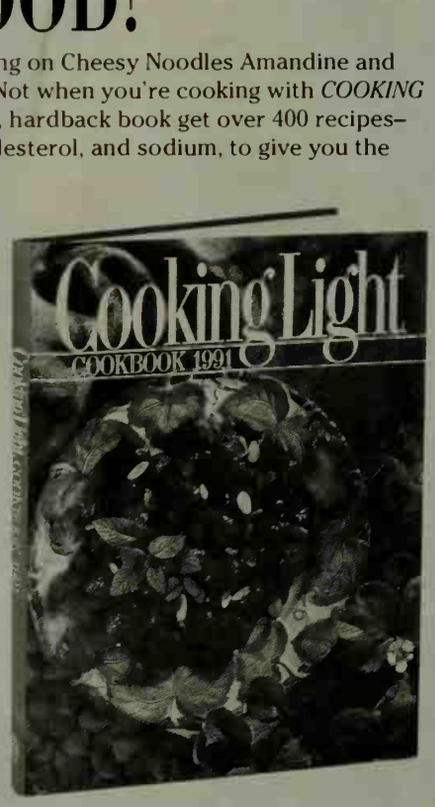

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until leaves begin to wilt, then add more about 2 minutes. Mix in mâche.

Pour into a bowl and immediately add cilantro mixture; mix well. Scatter sausage and nori on top of vegetables; serve at once with soy sauce and lime juice added to taste. Makes 6 servings.

Per serving: 182 cal.; 8.5 g protein; 14 g fat (3.4 sat.); 6.3 g carbo.; 393 mg sodium; 22 mg chol.

Marina del Mar, Calif.

Caviar on the buffet means serious, unwardly mobile entertaining—like having the boss for dinner—especially if the caviar you serve is the tiny gray or black kind, the priciest of foods, practically requiring a police escort home from the store.

Chef Lauterbach has devised a way of serving caviar that appeals even to those who ordinarily shun it. Since he did not specify which kind to use, our tester, seeking both economy and heightened esthetic appeal, tried *tobiko* (flying fish eggs). This roe is a brilliant amber orange, mild in flavor, and intriguingly crunchy. You may, of course, use any other caviar—alone, or combined to create a tiger-stripe effect.

Caviar Torte

- 6 hard-cooked large eggs, finely chopped
- 3 tablespoons reduced-calorie mayonnaise or mayonnaise
- 1½ cups chopped green onions, including tops
- 1 package (8 oz.) neufchâtel (light cream) cheese
- ⅔ cup light sour cream
- 1 cup (about 8 oz.) tobiko (flying fish roe), rinsed in a fine strainer, drained, and chilled
- Parsley sprigs
- Lemon slices
- Crisp crackers or melba toast

With a fork, mix well the eggs, mayonnaise, onions, cheese, and sour cream. Spread evenly in a 9-inch cheesecake pan with removable rim. Cover and chill at least 4 hours, or up until next day.

With a spoon, drop tobiko in small dollops evenly over cheese mixture. Gently spread

"The priciest of foods practically requires a police escort"

smooth layer, using a long spatula. ove pan rim; place torte on a platter. nish with parsley and lemon slices. To spoon mixture onto crackers. Makes at 5 cups, 16 to 20 servings.

erving: 90 cal.; 6.2 g protein; 6.6 g fat (3 g 1.8 g carbo.; 76 mg sodium; 118 mg chol.

W. W. Leuttestach

Brewster, Wash.

y call it green corn quiche? One good on is that the chilies are green, but ther meaning lurks within, perhaps even suspected by John Perchorowicz, sends in this recipe from Tucson.

e term "green corn" was used by earli- generations when they were talking ut fresh, soft corn that could be roast- or boiled, as opposed to fully ripened, hard corn that could be stored or und into meal.

een Corn Quiche

- cup dehydrated masa flour (corn tortilla flour)
- cup whole-wheat flour
- teaspoon sugar
- can (17 oz.) cream-style corn
- large eggs
- can (12 oz.) evaporated milk
- tablespoon liquid hot pepper seasoning
- teaspoon chili powder
- 2 cans (4 oz. each) diced green chilies
- 1 can (2¼ oz.) sliced ripe olives, drained
- ½ cup *each* shredded jack cheese and sharp cheddar cheese
- 1 cup thinly sliced green onions, including tops
- Salt
- Prepared salsa

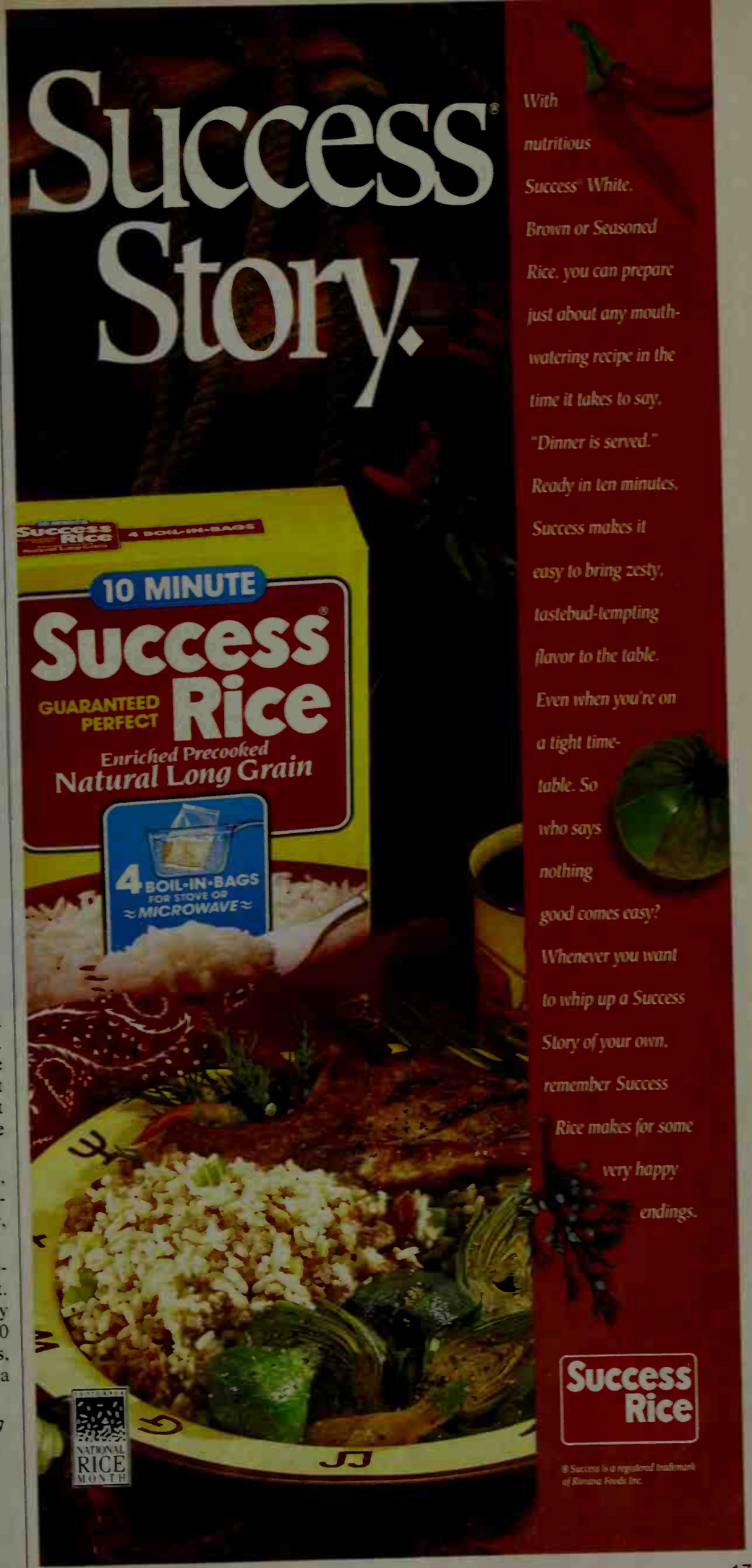
a bowl, mix masa flour, whole-wheat our, sugar, and corn until well blended. crape into a greased 10-inch cheesecake an with a removable rim. Spread or pat ixture evenly over the bottom and about ½ inches up the side of the pan. Bake rust in a 425° oven for 10 minutes.

leanwhile, beat eggs to blend with milk, ot pepper seasoning, chili powder, chil- s, olives, jack cheese, cheddar cheese, nd ½ cup of the onions.

emove crust from oven; turn oven tem- erature to 375°. Pour filling into crust. ake until filling is set when pan is gently haken, 40 to 45 minutes. Let stand for 10 inutes, sprinkle with remaining onions, hen cut into wedges. Add salt and salsa o taste. Makes 6 to 8 servings.

er serving: 299 cal.; 14 g protein; 12 g fat (4.7 g at.); 36 g carbo.; 632 mg sodium; 134 mg chol.

Tucson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Turkey steps in for veal in an Italian classic

Spoon tomato chutney onto pounded turkey (right) and roll to enclose the filling. Wrap with pancetta or bacon and cook on the barbecue

PETER CHRISTIANS

Hot from the grill, boneless turkey breast slices wrapped around a savory filling make a handsome entrée that's ideal for warm-weather dining. They are a lower-fat version of a traditional pan-sautéed Italian veal dish called *saltimbocca.*

These two recipes for turkey rolls offer a choice of fillings. One features elements of a classic club sandwich, the other a robust combination of shiitake mushrooms, dried tomatoes, and cheese. The rolls can be assembled a day ahead, then take only minutes to cook on the grill.

Grilled Turkey Club with Tomato Chutney

- 8 boned, skinned turkey breast slices or cutlets (each 2 to 3 oz. and about ⅜ inch thick), rinsed and patted dry
- 2 tablespoons mayonnaise
- 1 tablespoon coarse-grain Dijon mustard
- 2 cups shredded romaine lettuce
- Tomato chutney (recipe follows)
- 16 thin slices pancetta or 8 slices bacon (6 to 7 oz. total)

With a flat mallet, pound each turkey slice between sheets of plastic wrap until ⅛ inch thick. Peel off and discard wrap.

Mix mayonnaise and mustard. Spread an equal amount of mayonnaise mixture evenly over each turkey slice. Mound ⅛ of the lettuce in the center of each piece; top with 1 tablespoon of chutney. Roll to enclose filling. Wrap 2 slices of pancetta (or 1 slice of bacon) around each roll. If made ahead, cover and chill up until next day.

Place rolls on a greased grill 4 to 6 inches above a solid bed of medium coals (you can hold your hand at grill level only 4 to 5 seconds). Cook, turning often to brown evenly, until meat is white in center of thickest part (cut to test), 8 to 11 minutes. Transfer rolls to plates. Offer remaining chutney to add to taste. Serves 6 to 8.

Per serving: 151 cal.; 16 g protein; 6.7 g fat (1.7 g sat.); 6.4 g carbo.; 212 mg sodium; 42 mg chol.

Tomato chutney. In a 2- to 3-quart pan over high heat, combine 1½ pounds (about 9 large) cored, chopped **Roma-type tomatoes;** ⅔ cup minced **shallots;** 2 tablespoons minced **fresh ginger;** ⅔ cup **sugar;** ⅓ cup **cider vinegar;** and ¼ teaspoon **crushed dry hot red chilies.** Boil, uncovered and stirring often, until reduced to 2 cups, 45 to 55 minutes. Cool. Use, or cover and chill up to 3 weeks. Makes 2 cups.

Per tablespoon: 23 cal.; 0.3 g protein; 0 g fat (0 g sat.); 5.8 g carbo.; 2.1 mg sodium; 0 mg chol.

Grilled Turkey Rolls with Herbed Shiitake-Cheese Filling

- ½ pound fresh shiitake or common mushrooms, rinsed and drained
- 5 teaspoons oil drained from oil-packed dried tomatoes and 2 tablespoons minced drained tomatoes
- 1 clove garlic, minced or pressed
- 8 boned, skinned turkey breast slices or cutlets (each 2 to 3 oz. and about ⅜ inch thick), rinsed and patted dry
- ½ pound fontina cheese, cut into ¼-inch-thick sticks
- 16 large fresh or 1½ teaspoons dry sage leaves
- 1½ tablespoons minced fresh or 1½ teaspoons dry thyme leaves
- ½ cup grated asiago cheese

Cut 4 mushrooms in half; coarsely chop remainder. In an 8- to 10-inch frying pan on medium-high heat, stir 2 teaspoons oil and mushroom halves until lightly browned, 6 to 8 minutes; remove from pan and set aside. Add remaining oil to p with chopped mushrooms, tomatoes, a garlic. Stir often until mushrooms beg to brown, 6 to 8 minutes. Remove fro heat; let cool.

With a flat mallet, pound each turk slice between sheets of plastic wrap un ⅛ inch thick. Peel off and discard wrap

Lay ⅛ of the fontina cheese in center each turkey slice; top equally with t mushroom mixture, sage, minced thym and asiago. Roll to enclose. If ma ahead, cover and chill up until next da

Place turkey rolls on a greased grill 4 to inches above a solid bed of medium coa (you can hold your hand at grill level on 4 to 5 seconds). Cook, turning often brown evenly, until meat is white in cent of thickest part (cut to test), 8 to 1 minutes. Transfer rolls to plates and ga nish with the reserved mushroom halve Serves 6 to 8.

Per serving: 223 cal.; 24 g protein; 13 g fat (7 g sat.); 2.7 g carbo.; 461 mg sodium; 73 mg chol.

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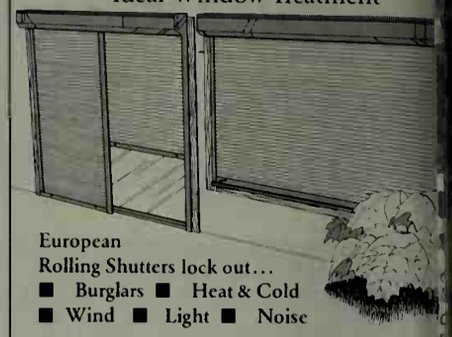

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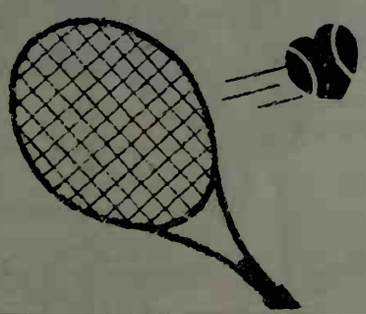

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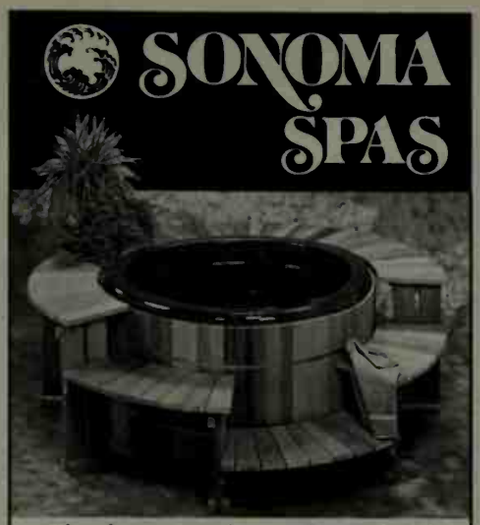

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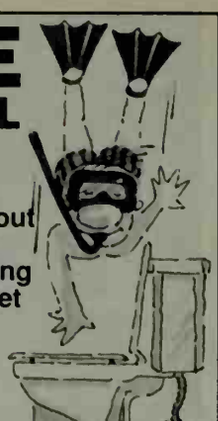

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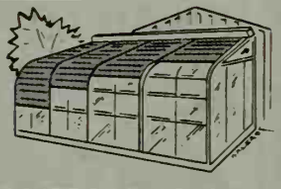

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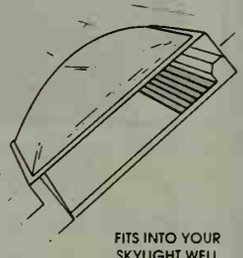

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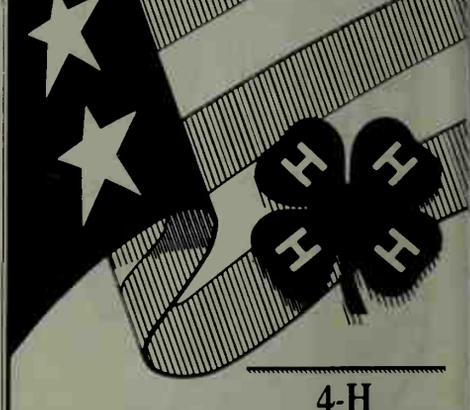

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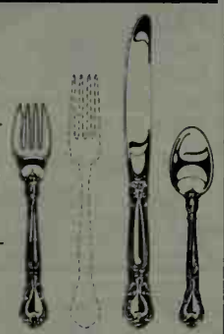

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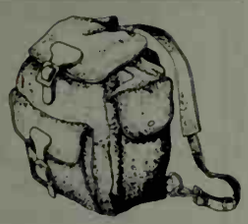

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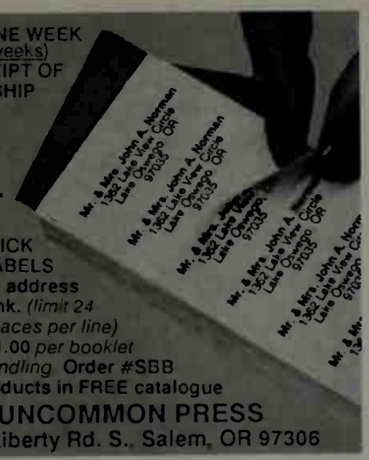

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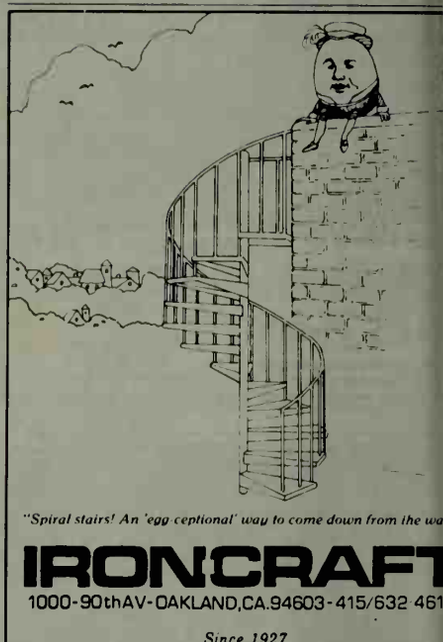

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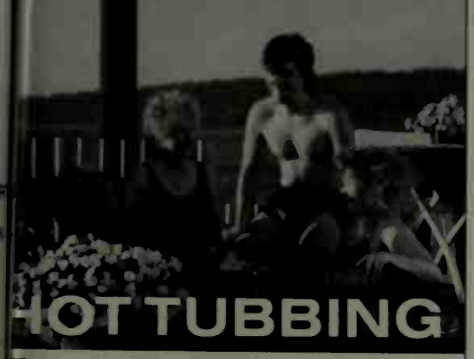

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SUNSET'S OPEN HOUSE

A "shake" to action

The June earthquake that did so much damage in Pasadena really shook me up. It was a close-to-home reminder that I haven't done any of the earthquake-retrofit projects I promised myself I would do after the big Loma Prieta quake in the San Francisco area. I recall that *Sunset* did a comprehensive article on earthquake preparedness not too long ago. How can I get a copy?

Linda Newman
Los Angeles

Articles on how to secure your house and possessions and prepare your family and neighborhood for earthquakes appeared in the October and November 1990 issues of Sunset. For a complete 16-page reprint of the articles, send $2 (California residents, add sales tax) to 1990 Quake Reprints, Sunset Magazine (address below).

Right idea, wrong number

Your excellent article on the Los Angeles freeways (July, page 46) contains an error in math, or perhaps in logic. On the freeway map, you state, "If everybody shared a ride once a week, it would reduce the number of cars on the road by 20 percent." At first glance, spreading "everybody" over the five weekdays may appear to average out to one-fifth (or 20 percent) actually off the road each day. But when one "shares a ride" one may be either the passenger *or the driver!*

Sharing once a week could reduce traffic load by as little as 10 percent. To cut down by 20 percent, everyone must *leave his or her own car at home* once a week, and carpool or use public transit.

Robert A. Tutelman
San Diego

You're right. Our choice of the word "shared" was unfortunate. The point, as you indicate, was to show the impact commuters could have by using alternative transportation one day a week.

No backwash, please

I'm surprised that with all the excellent articles you have written on saving and reusing water around the house, I can't find anything on watering plants with pool backwash. I would like to plant something tall, like bamboo, for privacy, that would survive on pool water, but I don't know which plants will do best.

Cathi Varon
Tucson

In residential landscapes, watering with pool backwash is not a good idea. Not only is chlorine toxic to many plants, but it adds salinity to the soil. Most county health departments classify backwash as gray water, and restrictions for gray water reuse may also apply. The best way to conserve pool water (and energy) is to cover your pool when it's not in use.

Mulch-munching termites?

I read with great interest your May article on types of mulch (page 100, all editions except Northwest), and decided to add shredded bark to my newly relandscaped yard. I have since discovered termites happily living in the remains of redwood bark in my old flower beds—and in the walls of my house adjacent to these beds.

Your article did not mention termites. Of how much concern should this be? Is the material treated before being sold? If so, how long does treatment last, and can it be retreated? I paid a bundle to deinfest my house and don't want to encourage the insects any more than necessary.

C.A. Crofoot
Rancho Cordova, Calif.

Many insects live in mulch, but most are beneficial. Termites, probably common subterranean ones, may be living underneath your mulch but aren't likely eating it. Bark mulches aren't treated, because they're at least 85 percent bark, which wood-eating termites can't digest. Even if subterranean termites are present, you can make your house uninviting to them by keeping the foundation and wood walls dry and by avoiding wood-to-soil contact.

Expand interior design reportin

I have long looked to *Sunset* for tastef practical ideas for my home. Now I ne to plan some kind of window treatmen Curiously enough, the homes in *Suns* never have any window treatmen Why is that? I suspect you show unde covered windows to display the windo structure itself, or a lovely view. F some, this is not practical for reasons security, energy conservation, or a vie that is less than magazine quality. would appreciate a *Sunset* article window treatments.

Susan Bradsha
West Hills, Cal

While we haven't done an article specifically on window treatments recently, we do regularly show window treatments as part of our reporting on building and remodeling. As we continue to expand our coverage of interior design (see page 95), we're looking for problem-solving window-treatment ideas.

City-slicker poolishness?

PETER CHRISTIANSEN

Regarding the pool you show on page 6 of the July issue (photo reproduce above) I am really appalled by the city slicker myopia from which you are obvi ously suffering. "Unexpectedly sophisti cated"? Son, where I come from that' called a stock tank. Moooooooo.

S. Harriso
Clements, Calif

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CHAD SLATTE

WINDOW ON THE WEST

What goes around is coming around again

As prancing ponies leap and the band organ blares into warm autumn air, choose your steed and ride back into childhood. Once at least 7,500 merry-go-rounds twirled in American parks; today only about 140 remain.

But these hand-carved wooden dream machines are on the comeback in the West, which claims about 44. Some classic ones, like the one at Los Angeles' Griffith Park (above), have been declared historic landmarks.

California boasts more carousels than any state but New York. This year, California has added three restored gems: a 1910 English clockwise carousel at Oak Meadow Park in Los Gatos, near San Jose; a 52-horse 190 Philadelphia Toboggan Company machine at Puente Hills Mall in City of Industry; and a small 1926 Alan Herschell merry-go-round at San Diego's Parkway Plaza Mall.

Portland has a major carousel museum; call (503) 233-4048 or 235-2252. And, you can join the America Carousel Society ($15 yearly), 1015 Munich St., San Francisco 94112; or National Carousel Association ($25), Box 4333, Evansville, Ind. 47724.

October

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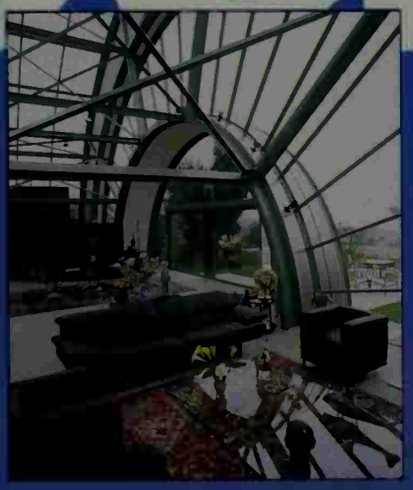
Sunset



991-1992

Western Home Awards

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nd 21 Other Winners

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Halloween Party Bread

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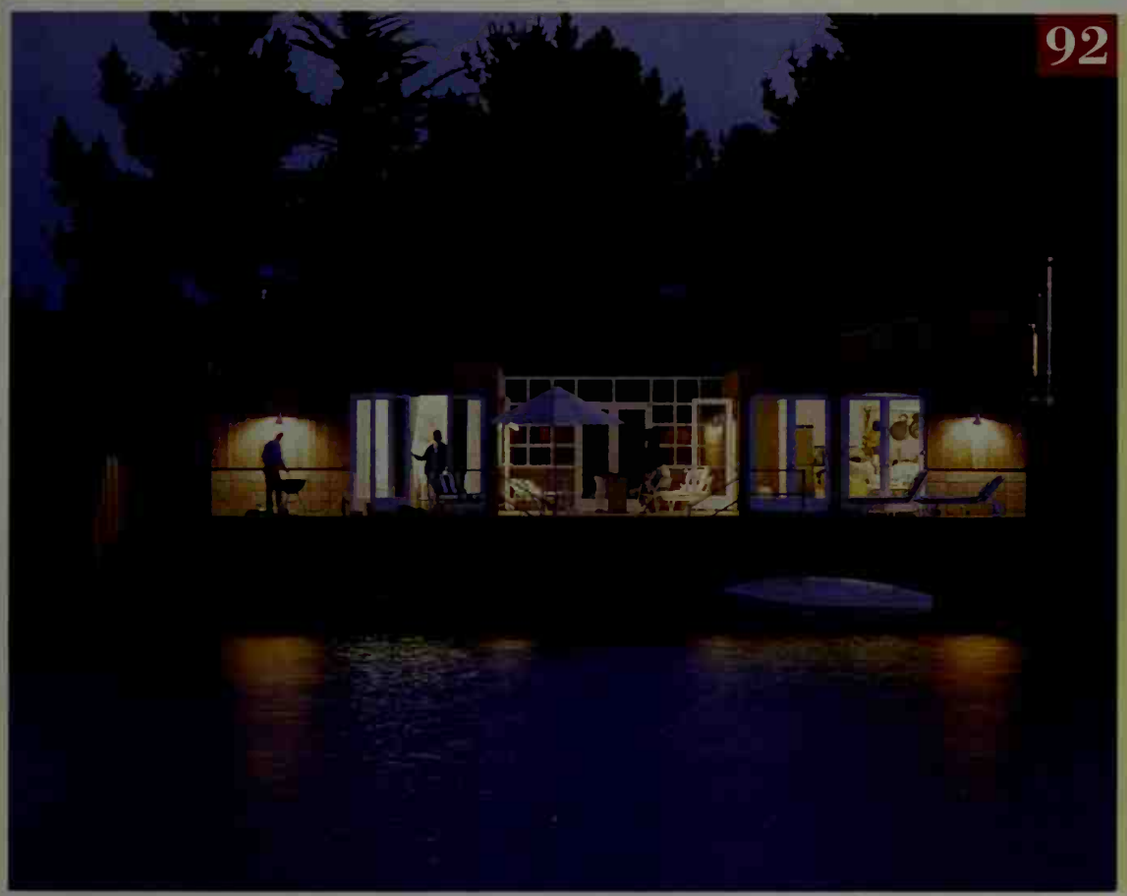
Central West Edition

THE MAGAZINE OF WESTERN LIVING

Sunset

FEATURE ARTICLES OCTOBER 1991



Western Home Awards

In its 35th year, our biennial program spotlights the best in residential architecture. Here are 23 winners: new houses, remodels, vacation cabins, Indian reservation houses.

18 Marin's very civilized walking
Just north of San Francisco, you'll find spectacular hiking—never far from an inn for lunch or overnight.

68 Living with native plants
Colorful and unthirsty, California natives give this garden a surprisingly lush look. Now's the time to plant natives in your own garden.

138 Remodeler's secret: Thicken the walls
Adding depth to a flat wall can turn it into something sculptural, substantial, and practical.

176 Strictly for Halloween, it's spider bread
How about a scary but edible centerpiece for a casual party buffet?

Cover: Malibu award winner, photographed by Chad Slattery. Inset of "starship" house by Norman A. Plate.

TRAVEL AND RECREATION

11 Central West Travel Guide
18 Marin County, on foot, with comforts
24 Where the bighorns are butting heads, an hour west of Denver
33 Cardinal and Blue Saturdays, Stanford and Cal football
40 Mexico's treasures come to Los Angeles
44 At the southern tip, it's still old Baja
46 Take your binoculars to Arizona
52 When tickets are tough in Las Vegas
56 Sailing the Caribbean
58 Foreign travel planner

GARDENING AND OUTDOOR LIVING

61 Central West Garden Guide
68 Living with native plants
74 Which tree is best buy?
76 Dazzling border in tight space
78 Bulbs in pots for springtime magic
82 The wild look of wild annuals
84 The way it was: restoring California's grasslands
86 The comforts of lawn, the practicality of paving
88 Garden Calendar

BUILDING • DESIGN • CRAFTS

92 1991–1992 Western Home Awards
This 34-page report features the 23 winners from our biennial AIA/*Sunset* program
138 Remodeler's secret: Thicken the walls
143 The Changing Western Home

146 Four arches make over this 1925 kitchen
148 Fierce and friendly, easy and safe masks
150 Sleek shelves with humble beginnings
159 Help us find the Best of the West

FOOD AND ENTERTAINING

160 October Menus
Game hen supper, Brazilian-style dinner, bread pudding breakfast: hearty, warming fare to suit the season
166 Harvest soups—with a surprise
170 For her recipes, you may need an atlas
174 They're just mashed vegetables
176 Strictly for Halloween, it's spider bread
178 Kitchen Cabinet: innovative ways with everyday foods
182 Autumn teammates: fresh fruit, cheese, and wine
185 Chefs of the West
Roast pork with date and fig sauce, classic orange duckling
188 Crisp and chewy as a macaroon, but low-fat
190 When the chardonnay makers have lunch
190D Mixing your own hot cereal

186 Reader Service Page
190E Food & Wine Specialties
190G Travel Directory
207 School & Camp Directory
210 Home & Garden Center
213 Mail & Phone Shopper

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We've been doing some remodeling

ABOUT A WEEK AFTER COMING TO WORK AT *SUNSET* 27 YEARS ago, I was handed a copy of the latest issue. Just out of college and grateful to have a job, I could only say, "Oh, you mean I get a free magazine too?" After something like 1,296 free issues (counting regional editions), I'm still pleased with the arrival of every new *Sunset*—especially this one.

The issue you are now reading looks dramatically different from that October 1964 magazine—and very different too from last month's issue. Just as dramatic is their underlying similarity. We're still providing Westerners with practical, fresh ideas every month.

Sunset, of course, has evolved over the years, but we thought it was time for the kind of remodeling all of us do around our homes. As our readers change—busier lives, more varied interests, new challenges—we're making the magazine clearer, better organized, livelier. We want to make it easier for you to use the helpful, tested information that's been a part of *Sunset* for decades. A few improvements you may notice:

1. *New binding.* We're switching from saddle-stitching (staples in the middle) to "perfect binding" with a square back. It's stronger. It allows us more flexibility in creating special pages for our regional editions. It makes the magazine easier to stack and save.

2. *All color photography.* We began this change in recent issues—better to celebrate the beauty and excitement of the West. And color allows clearer presentation of how-to information.

3. *Rearranging.* The garden section is closer to the front, and we have consolidated the travel advertising directory (beginning on page 190G this month) with the other directories. A color border helps readers find these very useful ads.

4. *New graphics.* To make it easier to locate the four regular sections (travel, garden, building, food), section openers are bolder, sections are coded with colors, and section identifiers run across the top of the pages. How-to instructions are more clearly delineated and easier to follow.

5. *New look for old favorites.* Long-standing *Sunset* features such as Kitchen Cabinet and Chefs of the West have a fresh look. We've also enlarged and enhanced our regular service features: Travel Guides, Garden Guides, and Menus. Another tradition, the *Sunset*-AIA Western Home Awards, appears in this issue with more pages than ever.

It's our goal to improve *Sunset* with every issue. Keeping up with Western readers is an ongoing and endlessly fascinating assignment.

Bill Marken Editor

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Chill those eggs

Your June article on egg safety (page 86) brought to my attention that the eggs in my local supermarket are not refrigerated. When I discussed the dangers of this with the store manager, he assured me that eggs were not refrigerated at any point in shipping or storage. He said that it was not a matter of store policy, but that it was usual industry-wide practice and that the health department did not require it. If this is indeed the case, then public awareness needs to be raised and more stringent regulations enacted.

Janet M. Hayter
Mountain View, Calif.

■ *Although the USDA and FDA recommend that eggs be refrigerated at all times, it is not a regulation. Refrigeration not only arrests growth of any existing salmonella bacteria, but it preserves egg quality. Regulation or no, food safety concerns should make refrigeration of eggs a responsibility for producers, shippers, and retailers. Give a copy of our June article and this letter to your store manager.*

A class menagerie of zoo pillows

The craft idea for zoo pillows that was featured in your February issue (page 107) turned out to be a big hit with 74 kindergartners at Uplands Elementary School in Lake Oswego, Oregon. The pillows are a wonderful remembrance of their kindergarten days that all of us moms (and dads, too!) will treasure for years to come.

Three classes participated in the pillow project. Parents provided materials and transferred drawing outlines onto the fabric; children did the painting in class.

Karen Stevenson
Lake Oswego

Disposing of hazardous household waste

I am moving in a couple of weeks and am trying to get rid of some small quantities of hazardous household materials (paint, insecticide, aerosol cans, etc.). I can find takers for a couple of the items, but I'm stumped about what to do with most of them. Any suggestions?

Steven A. Schafer
Concord, Calif.

■ *Try giving garden chemicals to nurseries or garden clubs. Schools, theater groups, and recreation departments may accept leftover paints. For the rest, call your local community waste management service or health department (or environmental groups, if your city has no household hazardous waste collection program) to learn where other hazardous materials can be properly disposed of. Never put toxic substances in your garbage can.*

More help for high-altitude gardeners

Why have you discontinued the high-altitude gardening section? There's more to Arizona than Phoenix and Tucson. I live in mountains at a 5,500-foot elevation.

Virginia Preston
Prescott, Ariz.

■ *Presenting two separate garden guides in a single issue was confusing many of our readers, so information about high-altitude gardening is now included in Sunset's garden guides in the North, Central, and Southwest editions from April through October.*

Items that are pertinent to both low- and high-elevation gardeners also appear in the check list (see page 66 of this issue); high-altitude items are flagged with the symbol ★, low-altitude items with ●.

What about cisterns?

Sunset has been a part of my reading since I was a child growing up in Concord, California. Since I moved to St. John in the U.S. Virgin Islands, I've often questioned the water-saving techniques of "statesiders." We here in the V.I. must build residential cisterns, because our rainfall is only 40 inches in a good year!

My question to you is, excepting the fact that local building codes and ordinances don't allow it in some cases, why aren't cisterns or water catchments (hillside plus tanks) built to catch the rainwater runoff? The water doesn't evaporate (as it does in reservoirs) when it's stored in a tank or cistern, and in most cases it's far better than the chlorinated, treated water people use in their homes.

Karla Allen
Coral Bay, St. John, U.S.V.I.

■ *One big problem is that much of the West is dry from May through October. Still, where space and regulations permit, cisterns can be a great method for supplementing water in areas where supplies are chronically tight.*

Working on Mount Rainier

Last year my friend Penny Lewis organized a work group of her "nearest and dearest friends" to help celebrate her 50th birthday by restoring some of the Mount Rainier meadows you described on page 119 of the August *Sunset*.

The women pictured (Penny is on the stretcher) cleared trails and toted more than 2 tons of dirt up a steep slope on a hot Saturday afternoon. The rangers who supervised our work were amazed at what we accomplished, confessing that they were expecting more of a "bridge group," not members of Penny's Lake Washington rowing crew. We are returning this year to continue the tradition.

Susie Kaylor
Seattle

Send letters to Open House, *Sunset Magazine*, 80 Willow Rd., Menlo Park, Calif. 94025. FAX (415) 321-8193. Include a daytime telephone number.

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Sunset's TRAVEL GUIDE

Marin Headlands children's museum

Fall foliage in Colorado

Waterfowl season in the Sacramento Valley

Concerts aboard the Balclutha

Bay Area shark fishing

Nut Tree's scarecrow art

Coast guide highlights Wilder Ranch

MICHAEL SCANNELL

INSIDE RENOVATED FORT *near Golden Gate Bridge, junior fishermen haul in fresh catch of salmon.*

SAUSALITO

Family fun in a former fort

Putting a new twist on the proverbial beating of swords into plowshares, the Bay Area Discovery Museum has converted an obsolete portion of a U.S. Army compound near Sausalito into an educational fun house for children, where they can play and learn about the world around them.

Formerly squeezed into an unprepossessing space in a shopping mall, the museum has expanded into four modest but appealing turn-of-the-century buildings in East Fort Baker (now part of Golden Gate National Recreation Area). Three more buildings will also be renovated.

Exhibits have been designed to appeal to children ages 2 to 12. Accompanying parents can enjoy the scenic bayside setting.

Inside a building devoted to architecture and design, activities simulate those of engineers, architects, and construction workers. Next door, exhibits focusing on San Francisco Bay's natural environments and human pursuits include a crawl-through tunnel with an easy-on-the-knees foam floor that replicates the bottom of the bay, complete with starry flounders, discarded tires, and underwater sounds.

Special programs—centering this month around Halloween and the Day of the Dead—supplement the permanent exhibits. For details, call (415) 332-9646.

Hours are 10 to 5 Wednesdays through Sundays. Ad-

mission is $5, $3 for ages 2 through 17. From San Francisco, take U.S. 101 north to the Alexander Avenue exit and follow signs to the museum; southbound on 101, take the last Sausalito exit (just before the bridge) and follow signs.

SOUTHWEST COLORADO

Near Cortez, small-town festivities and a foliage-vivid tour

"Oh, I'll see it next year," you might grouse, sinking deeper into the couch for some early-season football. True, southwestern Colorado's foliage display—usually at its best from mid-September through the second week in October—will indeed stage a rerun next year. But a spectacular driving tour and a cluster of celebratory events, collectively called Colorfest, might induce you to catch the seasonal show this fall. Even at high elevations where the aspens, oaks, and cottonwoods seem to burn brightest, fall temperatures are milder here than elsewhere in Colorado.

For a free Colorfest packet, write to the Cortez Chamber of Commerce, Box 968, Cortez 81321; or call (303) 565-3414. You'll receive a map and details on the 250-mile San Juan Skyway Drive, which takes you north on State 145 to Telluride, over the Dallas Divide, then south on U.S. 550 through Ouray and Silverton and Durango, then west back to Cortez.

It's easy to find pleasant lodgings and places to eat in these picturesque mountain towns; the packet provides suggestions. It also describes special Colorfest events throughout the region. Among these are Cortez's own musical Fiesta (September 30 through October 5) and Mesa Verde National Park's Anasazi Symposium (October 3, 4, and 5).

COLUSA, CALIFORNIA

Celebrate waterfowl festival, and help open a new refuge

On autumn days, the broad blue sky over the northern Sacramento Valley often darkens and grows raucous with the wings and cries of migratory birds moving toward the natural wetlands and winter-flooded rice fields of Colusa County. Sandhill cranes and white pelicans winter here, and thousands of snow geese form great dreamlike clouds overhead.

October 19 and 20, after the rice harvest is in, a festival takes place at the Colusa County Fairgrounds (on State 20, 10 miles east of I-5). Annual attractions include a rice cook-off (with various rice products to sample), displays by wildlife artisans, and a duck-calling championship (asserted to be "absolutely impartial," in spite of many entries by hometown callers).

But an especially significant reason to come this year is the dedication of Audubon's new 500-acre Paul L. Wattis Waterfowl Sanctuary, just north of the town of Colusa off Gridley Road. Audubon exhibits at the festival will help establish an interpretive perspective, and docents (with spotting scopes) will lead groups through the refuge. (You can come on your own other times, though you'll miss receiving instruction in identifying such sounds as the "feeding chuckle.") Vans will shuttle between the fairgrounds and the refuge. For more festival details, call (916) 458-2541.

Five larger refuges (Colusa, Delevan, Sacramento, Gray Lodge, and Sutter) are nearby. Several have driving-tour loops; expect the pace to be bird-watcher slow, and subject to many halts. Refuge walking trails are flat, easy, and full of interesting small events—just right for an intergenerational outing. Call Audubon at (916) 481-5332.

PETER CHRISTIANSEN

MARITIME MINSTRELS *harmonize with help from concertina in concert aboard historic ship Balclutha.*

SAN FRANCISCO

Sing songs of the sea on a tall ship

In most San Francisco concert halls, patrons run for the exits when they feel the place moving. During the sea music concerts at San Francisco Maritime Museum National Park, however, a gentle rocking motion adds to the appealing nautical ambience. Arriving for a concert, you're treated to an enchanting view of the city lights from the nearly deserted Hyde Street Pier. But once you're seated on a wooden bench in the low-ceilinged shelter deck of the square-rigged *Balclutha,* lustily belting out a chantey chorus with your shipmates, it's easy to forget that you're docked safely in a city harbor, rather than on a perilous voyage around Cape Horn.

Performers in the four-concert series are well versed in the time-honored songs and lore of the sea. Irish-born Tom Lewis kicks off the series on September 21; it continues with a concert by American traditionalists Jeff Warner and Jeff Davis on October 26. Concerts begin at 8 P.M. Tickets cost $7, or $23 for the series. For tickets or information on the other concerts, call (415) 929-0202.

SAN FRANCISCO AND SAN PABLO BAYS

Shark fishing: lots of sport, beginners welcome

Indian summer, when days are mild and bay waters calm and flat, is a fine time to try shark fishing. You don't need to take a long, seasickness-inducing boat trip. Staying inside the Golden Gate, you get good fishing action; a high probability of success (even for neophytes); and lots of delicate, unfishy-tasting meat (cook it like swordfish).

Using light salt-water tackle (20- to 30-pound test), you can catch dogfish (actually a small shark; they run 5 to 30 pounds) and leopard sharks (to about 25 pounds). With heavier gear and 40- to 60-pound test, go for soupfins (50 to 70 pounds, fine eating, and capable of long, frenzied runs full of wild fight) or cow sharks (100 pounds and up). Use 6-foot wire leaders: sharks have teeth. Bait with squid or midshipman fish.

(Continued on page 16)

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Several party boats specialize in shark. The *Fury*, out of Point San Pablo (510/357-4390), concentrates exclusively on shark, year-round. The *Marauder* (from Crockett: 510/787-1047) fishes for shark this time of year, as does the *Nobilis* (from Point San Pablo: 510/757-2946). Other boats, called potlucks, try shark when the conventional fishery is overcrowded. Cost runs $40 to $50 for a day's fishing—with gear, bait, and fish cleaning provided (a worthwhile service: shark must be cleaned very promptly). Book a week ahead.

If you have your own boat, try shark fishing off Alcatraz or Angel Island or near the shipping channels, on a slack tide. Bring gloves and pliers for removing the hooks.

You can shore-fish for leopards along the Alameda shoreline and from the Berkeley and San Francisco piers.

NEAR VACAVILLE

A field of scarecrows, a month of fall fun

Sunday, September 29, several hundred engagingly original scarecrows go on active duty, guarding a 6-acre cornfield near the Nut Tree Restaurant's rural airport, where they'll receive weekend visitors through October.

Artists and craftspeople as well as community and youth groups created them for part of an annual juried competition that may be unique in the annals of American folk art. The scarecrows preside over free pumpkin-patch activities, held opening day and October weekends, ranging from pie-eating and apple-bobbing contests to puppet shows, live music (including washboard), and pumpkin-carving demonstrations.

Offered for sale are fall produce (many pumpkins, gourds, and "amazing squash"), plus grilled meats and vegetables, homemade burritos, coolers, pumpkin ice cream; a good snack lunch runs about $5.

Hours are 10 to 6 weekends. Admission is $5 adults, $3 ages 11 to 18 and 55 and over. Exit I-80 on Monte Vista Avenue in Vacaville.

GREAT SCARECROW CONTEST

AS IF FROM OZ, *genial scarecrow arrives in cornfield behind Nut Tree's I-80 frontage.*

SANTA CRUZ COUNTY

Coast guide leads you to Wilder Ranch—and other delights

If you're like us, your old copy is salt- and sandblasted. High time, then, for a new edition of the *California Coastal Access Guide,* which is to beach lovers what *Gray's Anatomy* is to M.D.s.

Filling the guide's 304 pages is information on 850 points of public access to the California coast. Data on camping, hiking, swimming, and fishing help you choose a beach; good maps ensure you won't wander aimlessly, towel and sunblock in hand.

The California Coastal Access Guide (California Coastal Commission, University of California Press, Berkeley, 1991; $15.95) is sold at most bookstores.

Among the new access points the revision highlights is 5,000-acre Wilder Ranch State Park, north of Santa Cruz. Weekends at noon, docents lead tours of ranch buildings; nature walks to the coast run Saturdays at 11, backcountry walks Sundays at various times.

Wilder Ranch State Park lies 2 miles west of Santa Cruz on State Highway 1. The park is open 8 to sunset, ranch buildings 10 to 4. Admission is $6 per vehicle. For more information, call (408) 423-9703. ■

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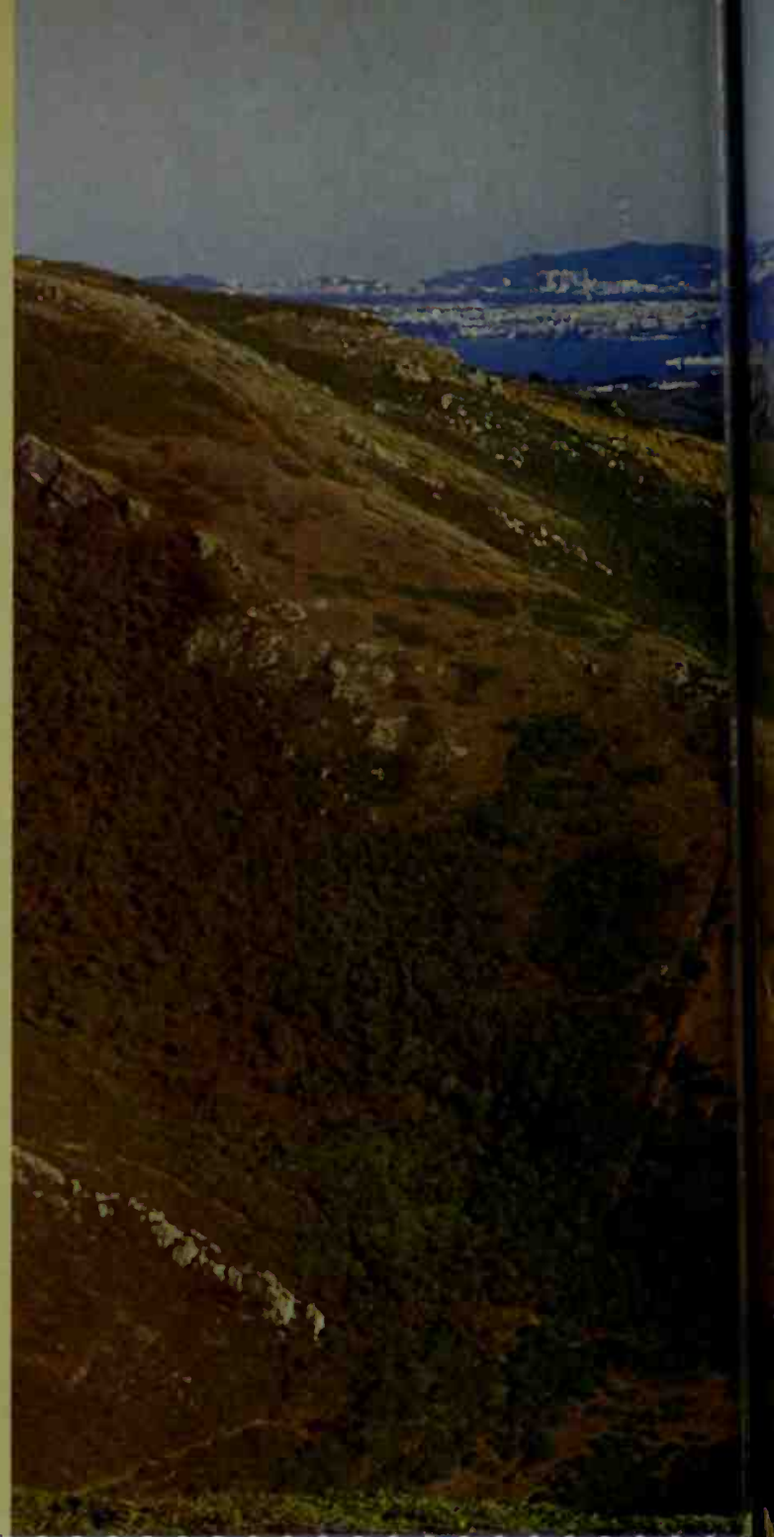
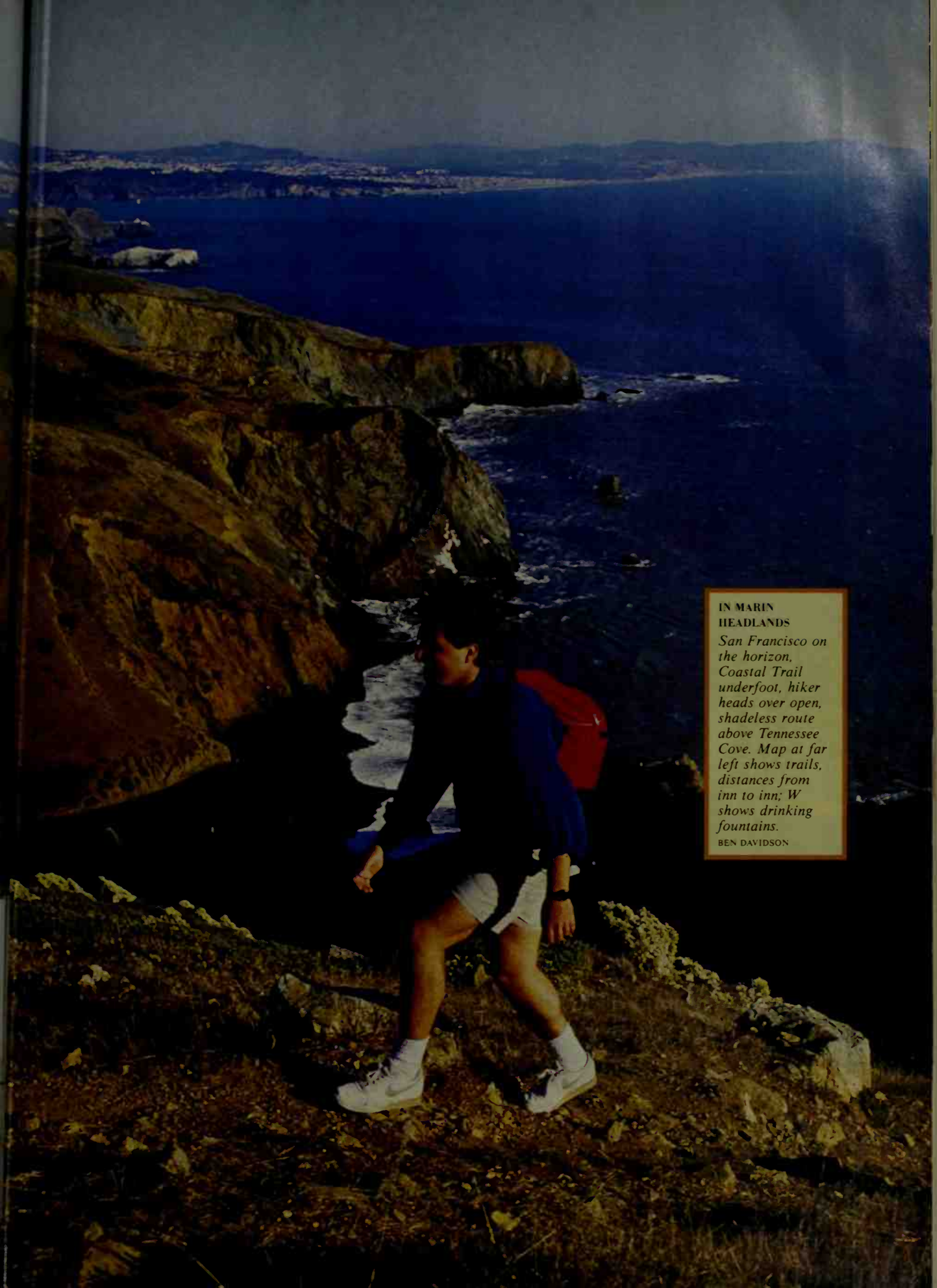
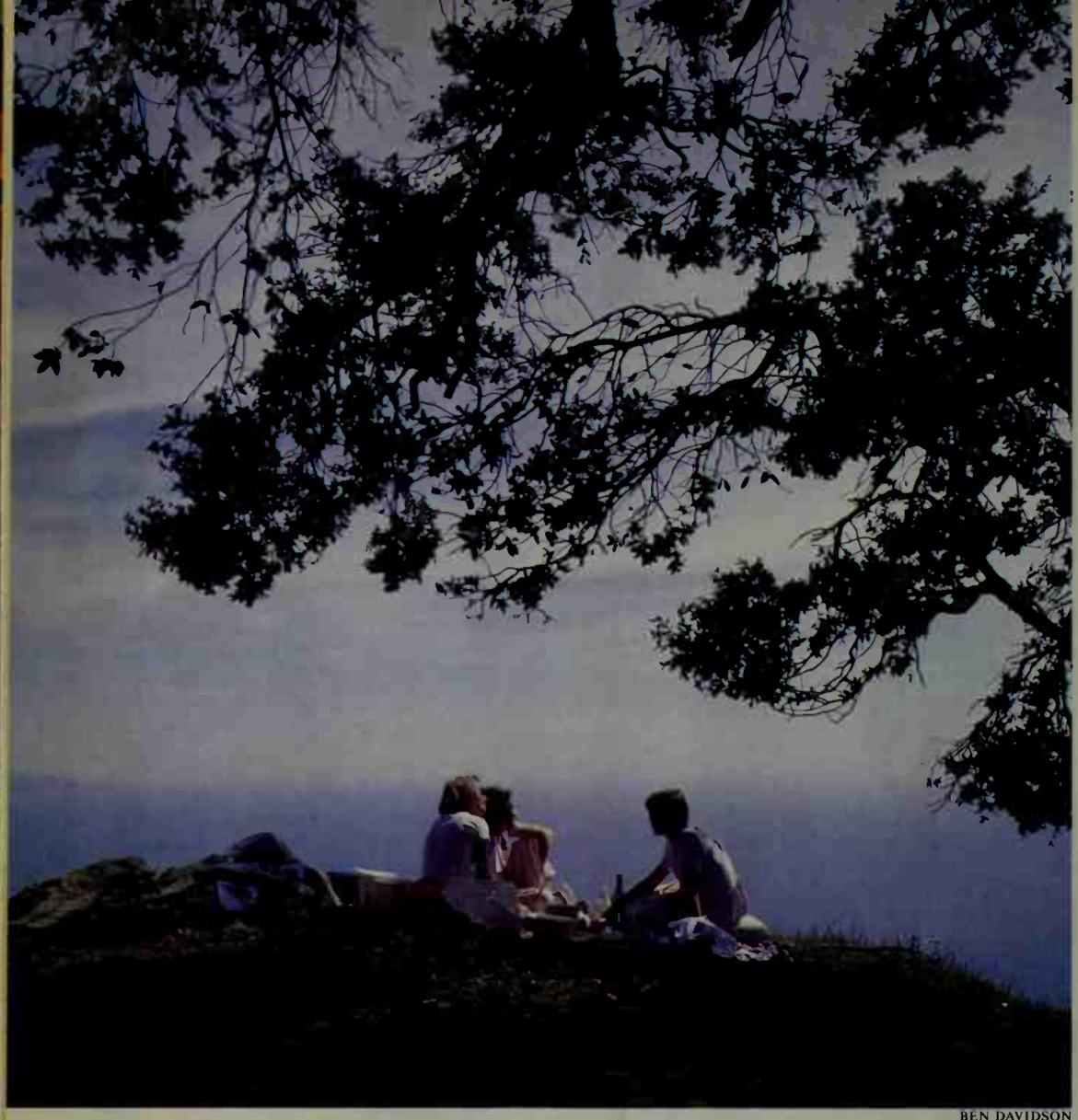




IN MARIN HEADLANDS

San Francisco on the horizon, Coastal Trail underfoot, hiker heads over open, shadeless route above Tennessee Cove. Map at far left shows trails, distances from inn to inn; W shows drinking fountains.

BEN DAVIDSON



BEN DAVIDSON

OAKS FRAME *hikers pausing for a mountainside picnic off Mount Tam's Alpine Trail.*

MOUNTAIN HOME INN *offers deckside dining with lodging, views partway up Mount Tam.*

Leave San Francisco behind and hike over the coastal hills of Golden Gate National Recreation Area and up the wooded slopes of Mount Tamalpais State Park in Marin County. You can do several overnight treks by using a handful of inns within 5½ to 7 miles of one other, or sample the route with day-hikes and inn lunches.

Start in San Francisco and walk the whole 51½-mile route, or hike partway and return by bus.

A full circuit requires planning; some inns may still have weekend openings now, or try less busy week-nights. October brings the year's sunniest, least windy days, but on open headlands you get no shade and a view of brown hills. November hikers risk a rain-out, but with at least three days' notice you can generally cancel lodging reservations.

The map on page 18 shows inns and trail distances. Customize your route according to your time, stamina, and lodging availability.

OVER THE GATE AND ONTO THE TRAIL

To hike from San Francisco, park and start at the Golden Gate National Recreation Area (GGNRA) headquarters in Fort Mason (Bay and Franklin streets). Pick up a free map here. Olmsted's *Rambler's Guide to Trails of Mount Tamalpais and Marin Headlands* ($5.95) is available at many bookstores.

On weekends, hikers crowd the Coastal Trail to Muir Beach and trails in Muir Woods. Dogs aren't allowed on Mount Tamalpais State Park trails; in GGNRA, dogs must be on leash on some trails, under voice command on others.

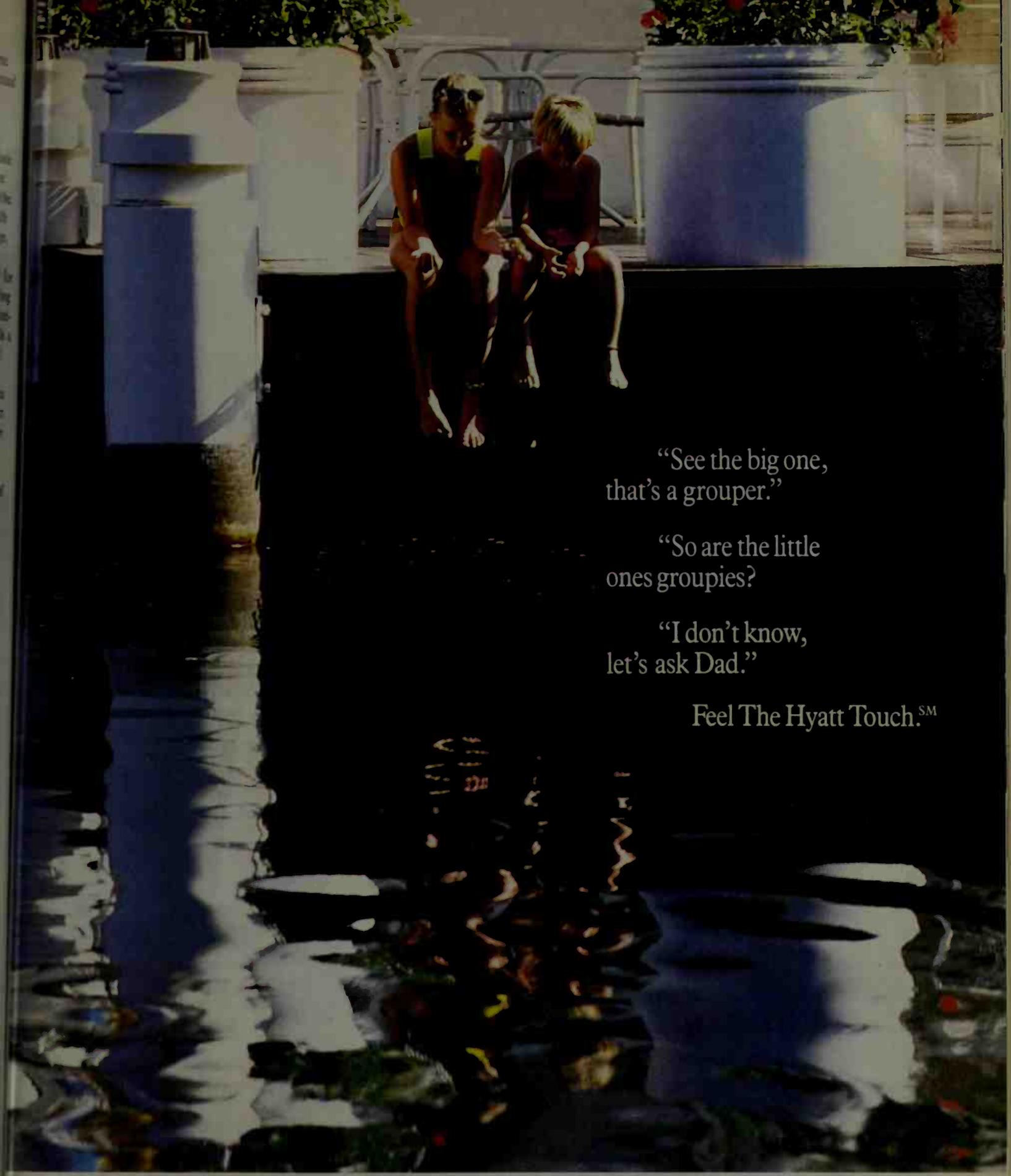
Views start off with a bang—from Fort Mason along the level Golden Gate Promenade and across the Golden Gate Bridge. On the Marin side, follow the path west underneath the bridge. Here, part of the Coastal Trail is temporarily closed for restoration; detour (following signs) carefully along Conzelman and McCullough roads a mile to pick up the Coastal Trail down to the Golden Gate Youth Hostel at Rodeo Lagoon—10 miles from Fort Mason. Stay in the hostel or continue.

Leg two from Rodeo Lagoon offers sweeping views of ocean and city but is tougher—up and down ridges before dropping to Muir Beach (about 7 miles). The quaint Pelican Inn is popular for English country fare (bangers and mash, cottage pie) at lunch and dinner. Overnight here or at Lindisfarne Guest House ½ mile east.

The next leg climbs into the redwoods. Follow Redwood Creek, Deer Park, Dipsea, Sun, and Redwood trails uphill 6 miles to Mountain Home Inn. From there, it's downhill 5½ miles to Steep Ravine Cabins. Follow Troop 80, Alpine, and Steep Ravine trails into redwoods and over ridges with coastal views to the cabins.

From Steep Ravine Trail inland, head back uphill on the Dipsea Trail, through a forest of ferns, bay trees, and redwoods to the Coastal Trail (check your map carefully; we found some junctions unsigned). It's a total of 6 miles back to the inns at Muir Beach, then you can backtrack to San Francisco.

Day-trip options. Park at Rodeo Lagoon and take the Coastal Trail 7 miles to Pelican Inn for lunch. Or park at Muir Beach, hike into Muir Woods on Ocean View and Panoramic trails to Mountain Home Inn for lunch, then back by Redwood Trail to the



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BEN DAVIDSON

HIKERS CAN LOLL *on the sundeck, buy sodas (weekends only) at Tourist Club off trails north of Muir Woods.*

SALT SPRAY *mists the rocky cove as slanting sunset lights up rustic Steep Ravine Cabins south of Stinson—they're inexpensive and book up fast.*

Tourist Club for sodas and on to Muir by trails on our map (12 miles).

WHERE THE INNS ARE

Unless noted, telephone area code is 415.

Golden Gate Youth Hostel ($8). Reserve at least three weeks ahead by mail: Building 941, Fort Barry, Sausalito 94965. In old army quarters at Rodeo Lagoon; has kitchen, den, family rooms, bunks, showers. Bring food, towel, sleep sheet (or buy a sheet here—50 cents); blankets and pillows provided.

Lindisfarne Guest House ($35 to $80); 383-3134. Twelve rooms (shared baths) in Japanese-style house at Zen center. Vegetarian meals ($5) available to guests.

Mountain Home Inn ($121 to $178 per room, breakfast included); 381-9000. Ten cozy rooms with views, some fireplaces; lunches, dinners daily except Mondays.

Pelican Inn ($125 to $145); 383-6000. Charming English-style inn with seven rooms, paneled bar; lunch and dinner served daily except Mondays. Tough to book.

Steep Ravine Cabins ($30); (800) 444-7275. Ten rustic 1930s cabins each sleep up to 5, have woodburning stove, picnic table, bunks, water (no showers or electricity). Bring food, bedding. To reserve, call at 8 A.M. 10 days to 8 weeks ahead.

Tourist Club (weekend day use only) by Muir Woods has deck, sells cold soft drinks.

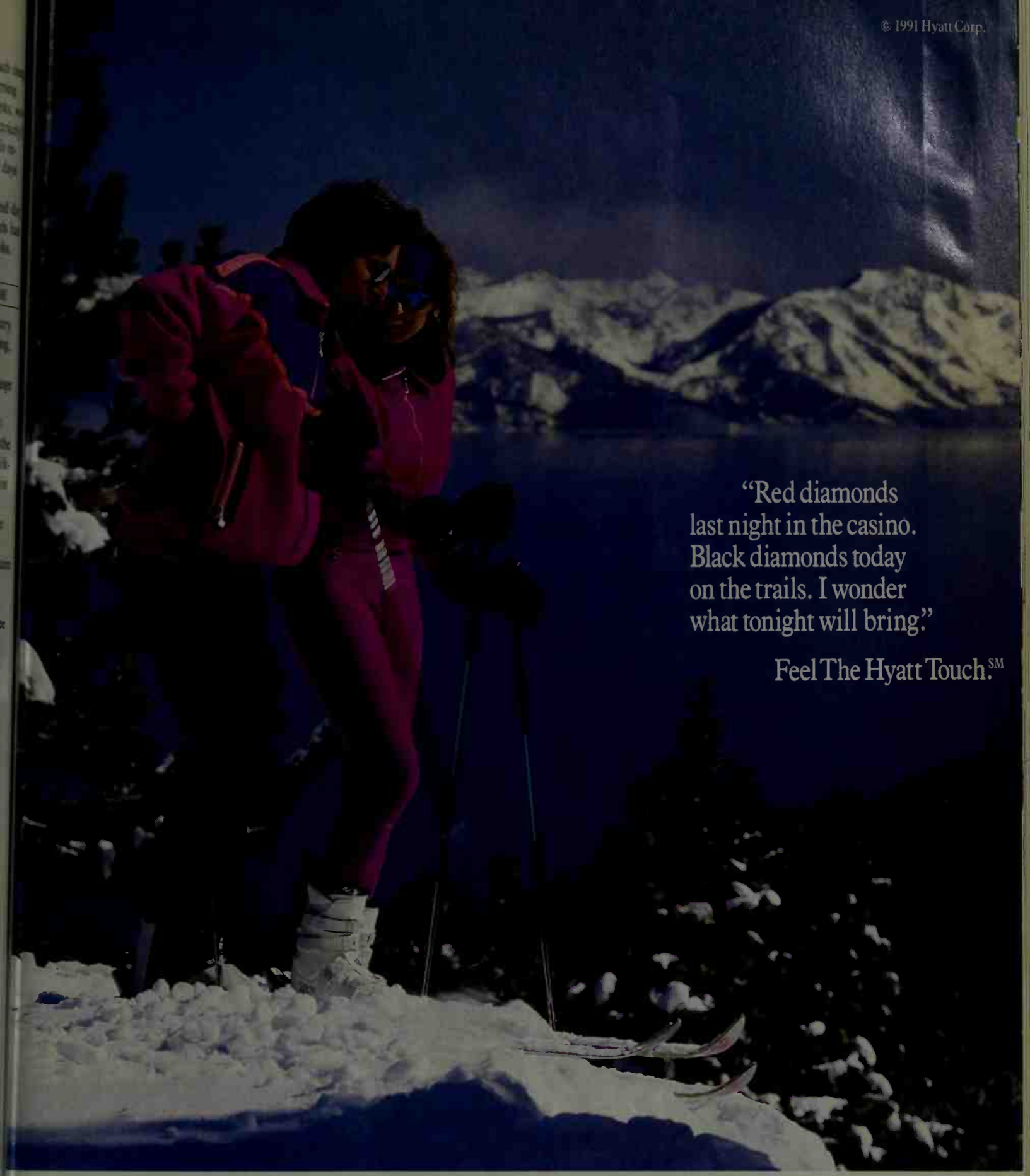
PACKING; PARK OR RIDE

Dress in layers and carry water, a change of clothing, toiletries (including sun screen), water (map on page 18 shows fountains).

To travel light (without food and bedding), make the trip in a night or two by hiking the first two segments in one tough, 17-mile day to either Muir Beach inn. The next day, you have a short but steep 6 miles to Mountain Home Inn. From here on weekends, you can catch a Golden Gate Transit bus (see below) back to the city.

Parking. Day-users may park in lots at Fort Mason, Muir Beach, Pan Toll, or across the street from Mountain Home Inn. There's overnight parking at the Rodeo Lagoon hostel (no permit needed), and guest parking at the upper Fort Mason Youth Hostel ($12 nightly; reserve by writing to Building 240, Fort Mason, San Francisco 94123; parking limit three nights). To leave a car shuttle at the hike's northern terminus, there's room for some cars on the highway outside Steep Ravine gate (but some break-ins here).

Hike out, ride back. Taxis serve both Mountain Home and Pelican Inn. A Bel Air Cab (383-8484) took us from Pelican Inn to our car at Steep Ravine—$16 (establish fare ahead). Golden Gate Transit offers weekend service from Stinson Beach via Pan Toll station and Mountain Home Inn to the Golden Gate toll plaza ($1.50). From there, walk or take Muni bus 28 to Fort Mason (85 cents—exact fare). For schedules, call 453-2100 or 673-6864. ■



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WENDY SHATTIL & BOB ROZINSKI

BROKEN OR "BROOMED" *tips on bighorn ram's spiral horns may be the result of grooming on rocks or of battles during fall rut.*

NORMAN A. PLATE

STONE-FRONTED *viewing deck allows a telescopic look at bighorns on the neighboring slope.*

Where the bighorns are butting heads

There's a good viewing area an easy drive west of Denver

BARRELING AT ONE another furiously, bighorn rams smash skull on skull with resounding cracks that can be heard a mile away. These dramatic head-butting duels (sometimes lasting hours) are part of the fall courtship ritual of the Rocky Mountain bighorn sheep. There's no more convenient place to see this startling spectacle—and one of Colorado's largest bighorn herds—than at a new wildlife-viewing area an hour's drive west of Denver.

Just off Interstate 70, the Georgetown Wildlife Viewing Area looks across to a long ridge where up to 175 sheep graze. The area offers unusually easy access to a reliable spot for seeing these notoriously shy mammals. The size of the herd is an indication that continuing restoration and management efforts on this Bureau of Land Management (BLM) site are working—numbers have bounced back from a low of 40 animals in 1980.

Ewes and their young stay here all year except June, when the herd retreats to higher country for lambing. The best time to visit is when rams join the herd, from late October through February. The dramatic duels may occur anytime into January, during rutting season, as rams fight to win dominance.

VIEWING THE HERD FROM THE NEW LOOKOUT

The stone lookout's high platform makes a good vantage point. Interpretive signs help you locate the animals, and coin-operated spotting scopes bring them closer (bring quarters or your own binoculars). The sheep clamber about a steep, south-facing slope, close enough and well lighted much of the day for good viewing, yet far enough for the animals' comfort so that people at the viewing area don't frighten them off.

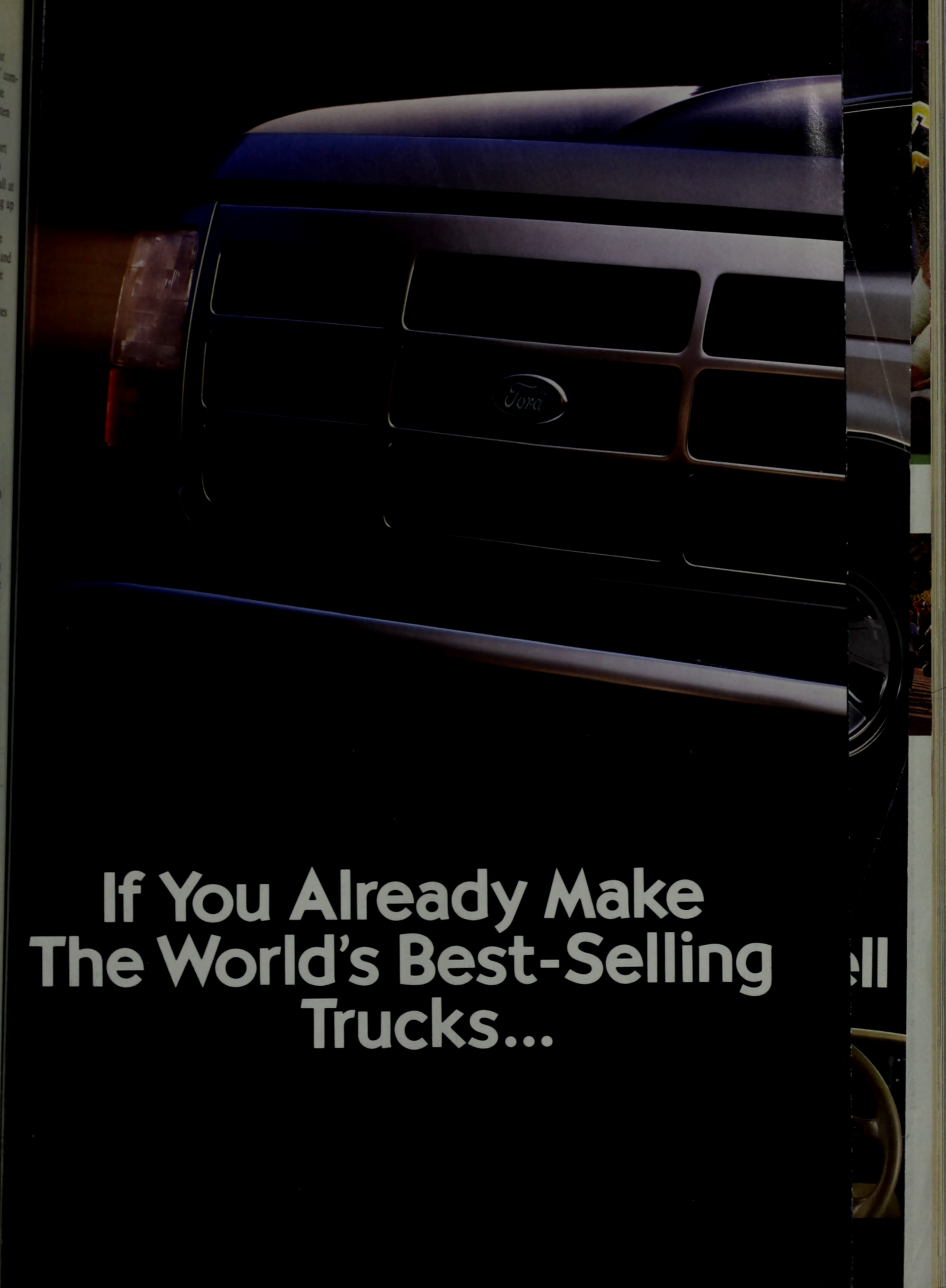
Bighorn sheep are short and muscular, with rams standing up to 3½ feet tall at the shoulder and weighing up to 320 pounds. Ewes are about a third smaller. The sheep are delicately agile and even rather noble in profile (hunters consider them a prize trophy head). The ones with massive horns are rams—a full curl with tips reaching eye level tells you the animal is seven to eight years old (ewes' horns are slimmer and shorter).

Their tan to dark brown coloring blends so well with their grassy hillside habitat that it's difficult to spot them at first. Be patient and scan the hillside for the animals' telltale white rump patches.

Sheep are most active from dawn to midmorning, and late afternoon to dusk. You'll find it a bit more comfortable to wait and watch for them if you're dressed warmly—while the platform offers some wind protection, it's in the bottom of a steep little valley that acts as a kind of cold sink.

The free viewing area was an effort of several agencies, mainly the Colorado Division of Wildlife, BLM, Forest Service, National Park Service, and Rocky Mountain Bighorn Sheep Society. It's open from dawn to dusk daily. To reach it from Denver, take Interstate 70 west about 45 miles to exit 228 (Georgetown). Go into town, then turn left on Alvarado Boulevard and follow signs to the viewing area a mile ahead.

Two new brochures can help you learn more about these sheep and other wildlife in the state. *Bighorn Sheep Watching Guide* and *Watching Wildlife Close to Home* ($3 each) are available by mail order. Write to the Colorado Division of Wildlife, Watchable Wildlife Program, 6060 Broadway, Denver 80216. ■



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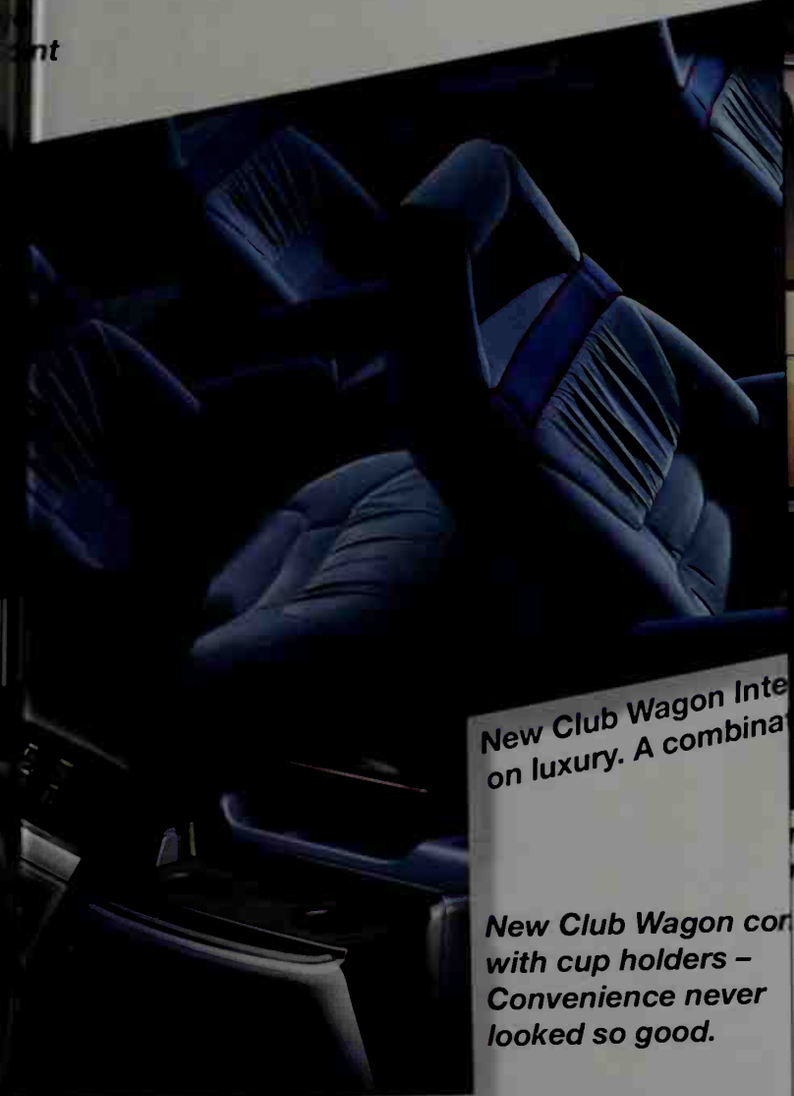

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WENDY SHATTIL & BOB ROZINSKI

BROKEN OR "BROOMED" *tips on bighorn ram's spiral horns may be the result of grooming on rocks or of battles during fall rut.*

NORMAN A. PLATE

STONE-FRONTED *viewing deck allows a telescopic look at bighorns on the neighboring slope.*

Where the bighorns are butting heads

There's a good viewing area an easy drive west of Denver

BARRELING AT ONE another furiously, bighorn rams smash skull on skull with resounding cracks that can be heard a mile away. These dramatic head-butting duels (sometimes lasting hours) are part of the fall courtship ritual of the Rocky Mountain bighorn sheep. There's no more convenient place to see this startling spectacle—and one of Colorado's largest bighorn herds—than at a new wildlife-viewing area an hour's drive west of Denver.

Just off Interstate 70, the Georgetown Wildlife Viewing Area looks across to a long ridge where up to 175 sheep graze. The area offers unusually easy access to a reliable spot for seeing these notoriously shy mammals. The size of the herd is an indication that continuing restoration and management efforts on this Bureau of Land Management (BLM) site are working—numbers have bounced back from a low of 40 animals in 1980.

Ewes and their young stay here all year except June, when the herd retreats to higher country for lambing. The best time to visit is when rams join the herd, from late October through February. The dramatic duels may occur anytime into January, during rutting season, as rams fight to win dominance.

VIEWING THE HERD FROM THE NEW LOOKOUT

The stone lookout's high platform makes a good vantage point. Interpretive signs help you locate the animals, and coin-operated spotting scopes bring them closer (bring quarters or your own binoculars). The sheep clamber about a steep, south-facing slope, close enough and well lighted much of the day for good viewing, yet far enough for the animals' comfort so that people at the viewing area don't frighten them off.

Bighorn sheep are short and muscular, with rams standing up to 3½ feet tall at the shoulder and weighing up to 320 pounds. Ewes are about a third smaller. The sheep are delicately agile and even rather noble in profile (hunters consider them a prize trophy head). The ones with massive horns are rams—a full curl with tips reaching eye level tells you the animal is seven to eight years old (ewes' horns are slimmer and shorter).

Their tan to dark brown coloring blends so well with their grassy hillside habitat that it's difficult to spot them at first. Be patient and scan the hillside for the animals' telltale white rump patches.

Sheep are most active from dawn to midmorning, and late afternoon to dusk. You'll find it a bit more comfortable to wait and watch for them if you're dressed warmly—while the platform offers some wind protection, it's in the bottom of a steep little valley that acts as a kind of cold sink.

The free viewing area was an effort of several agencies, mainly the Colorado Division of Wildlife, BLM, Forest Service, National Park Service, and Rocky Mountain Bighorn Sheep Society. It's open from dawn to dusk daily. To reach it from Denver, take Interstate 70 west about 45 miles to exit 228 (Georgetown). Go into town, then turn left on Alvarado Boulevard and follow signs to the viewing area a mile ahead.

Two new brochures can help you learn more about these sheep and other wildlife in the state. *Bighorn Sheep Watching Guide* and *Watching Wildlife Close to Home* ($3 each) are available by mail order. Write to the Colorado Division of Wildlife, Watchable Wildlife Program, 6060 Broadway, Denver 80216. ■

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New '92 Bronco redesigned front end and all-new interior.

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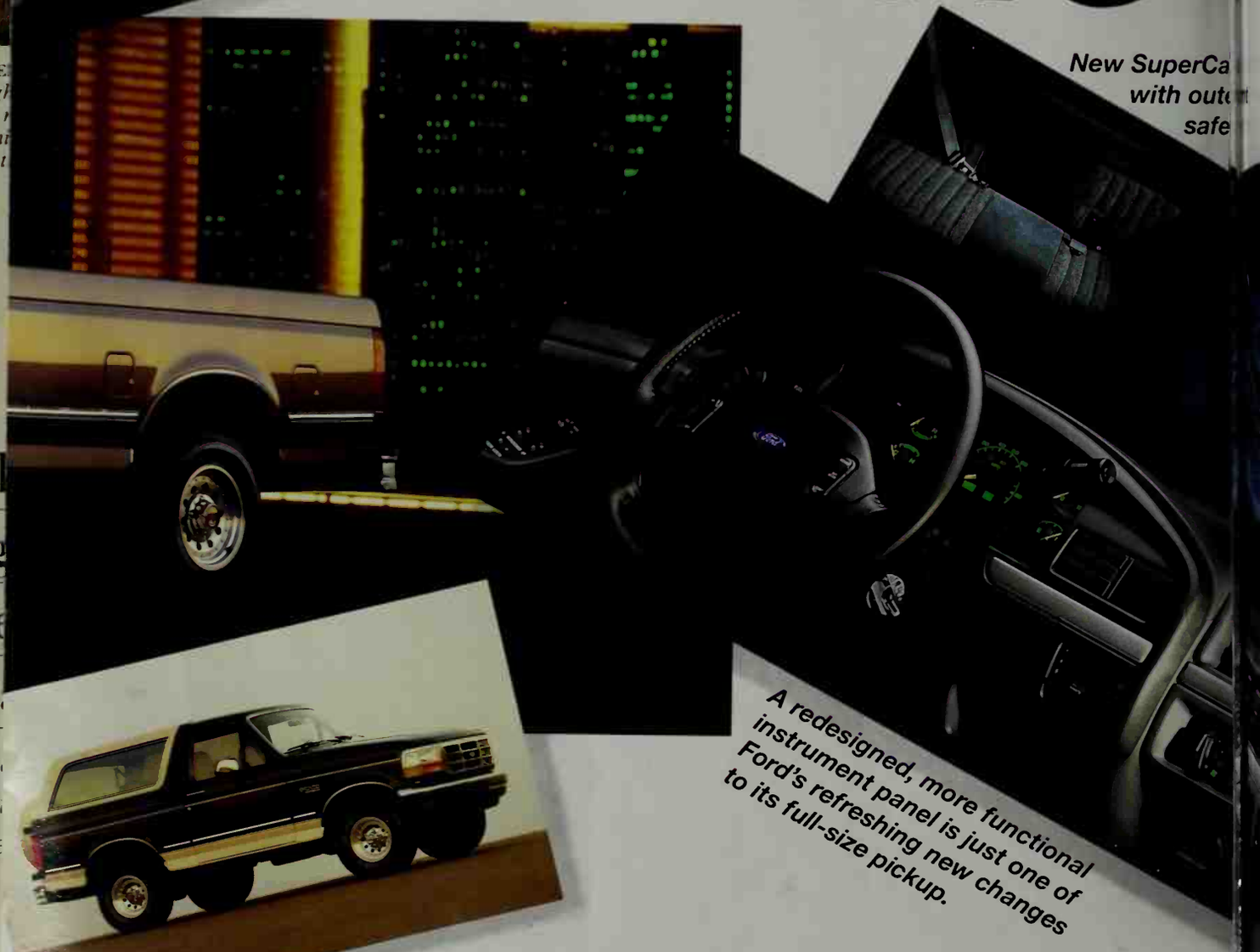

A redesigned, more functional instrument panel is just one of Ford's refreshing new changes to its full-size pickup.

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Aerostar's all-new instrument panel with a new column-mounted shift.

'92 Aerostar – The most capable minivan around can do more than you'd ever imagine.

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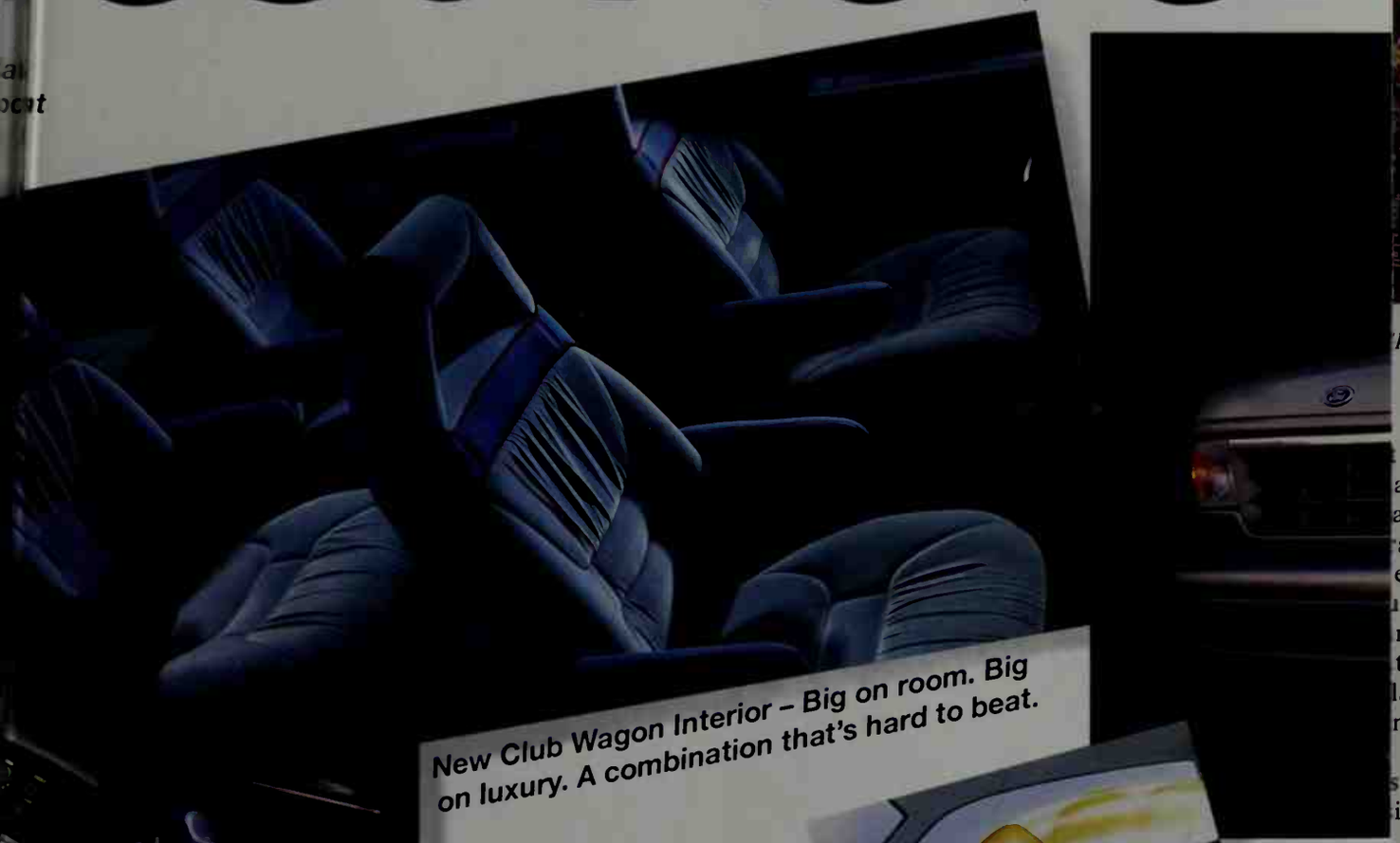

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New Club Wagon console with cup holders – Convenience never looked so good.

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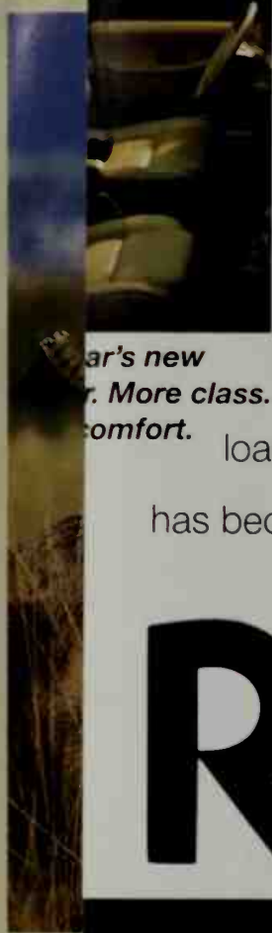

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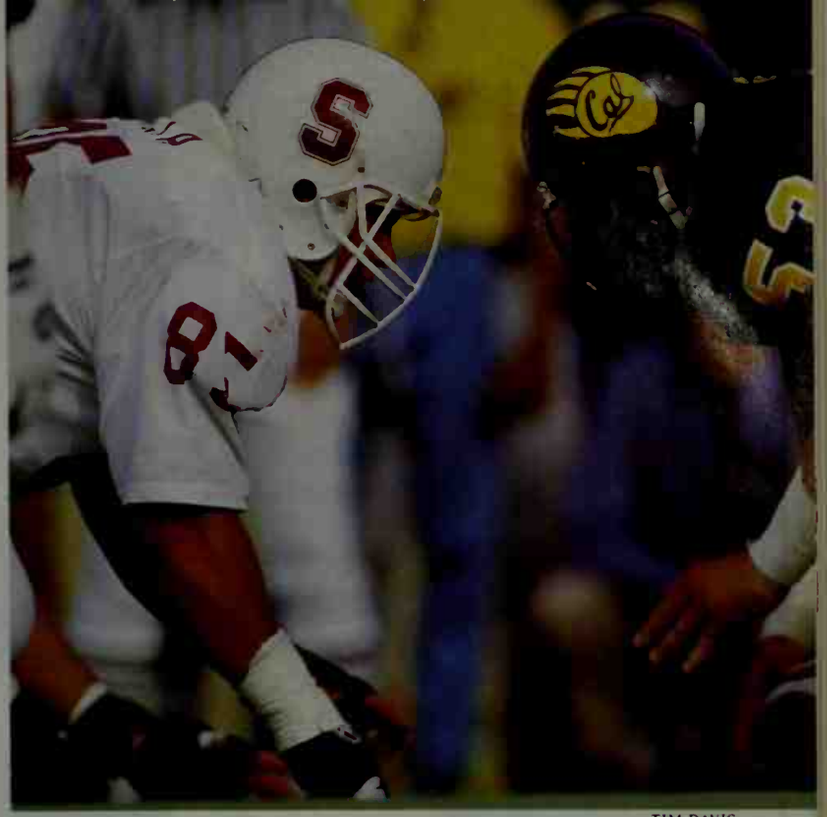
Cardinal and Blue Saturdays

Stanford and Cal football . . . traditions are colorful and parking is tricky



TIM DAVIS

STANFORD AND CAL *go head-to-head in the 94th Big Game on November 23. The tally: 45 Stanford, 37 Cal, 11 ties.*

SUSAN BRESS

THE CALIFORNIA MARCHING BAND *makes its pregame march up Bancroft Way to the stadium, followed by fans.*

FOR NEARLY A century of Saturdays in Berkeley and Palo Alto, it's been northern California's great rite of autumn: thousands of students, alumni, and fans pack up their lunches and loyalties and prepare to celebrate a day of football and fun.

Coming up on their third home game, the Cal Bears host Oregon October 12, Washington October 19, San Jose State October 26, USC November 2 (Berkeley's homecoming), and Arizona State November 16. Games are tentatively set for 1 P.M. but are subject to change for television scheduling.

The final days of Stanford's year-long centennial celebration include a matchup with the national champion Colorado Buffaloes on September 28, the Cardinal's third game of the 1991 season. October 5 is against Notre Dame, October 12 Cornell, October 26 Oregon State, and November 9 UCLA. November 23 is the Big Game, when archrivals Stanford and California do battle. Games are tentatively scheduled for 12:30 P.M. (except Notre Dame, which is scheduled for 8 P.M.).

Tickets are available for every game; both schools charge $17 to $25, depending on the opponent. Even if a game is sold out, scalpers are plentiful. To order tickets or to verify starting times, telephone (800) GO BEARS or (800) BEAT CAL.

GETTING TO BERKELEY

Many Bears fans without season-ticket parking passes come by BART or bus because of the lack of nearby spaces. BART's Berkeley stop is one block from the west end of campus; from there you can walk (about a mile) or catch the continually circling free motorized cable car shuttle to Memorial Stadium. From BART's Rockridge stop, 1½ miles away, walk or take a bus down College Avenue past shops and residences to campus. AC Transit runs several buses to UC Berkeley; call (510) 839-2882.

Contra Costa County Cal Express picks up fans at Concord BART (10:45 A.M.) and at Lafayette BART (11 A.M.), and drops them off at the stadium; round-trip price is $5 adults, $2 ages 18 and under when paid in advance, $6 and $3 on day of game. Call 676-7500 for details.

If you do drive, look for students holding signs for parking at houses along Piedmont Avenue (south of the stadium); you'll pay around $10. Otherwise, your best bet is in residential areas several blocks from campus (many streets closest to the stadium are tow-away zones).

BEFORE THE GAME

On game days, Telegraph, Bancroft, and Durant streets are a wacky mixture of urban masses—college students, faculty, residents, high-school day-trippers, street vendors, panhandlers, alums, and football fanatics. To people-watch, try for a window seat at one of the many cafes south of campus.

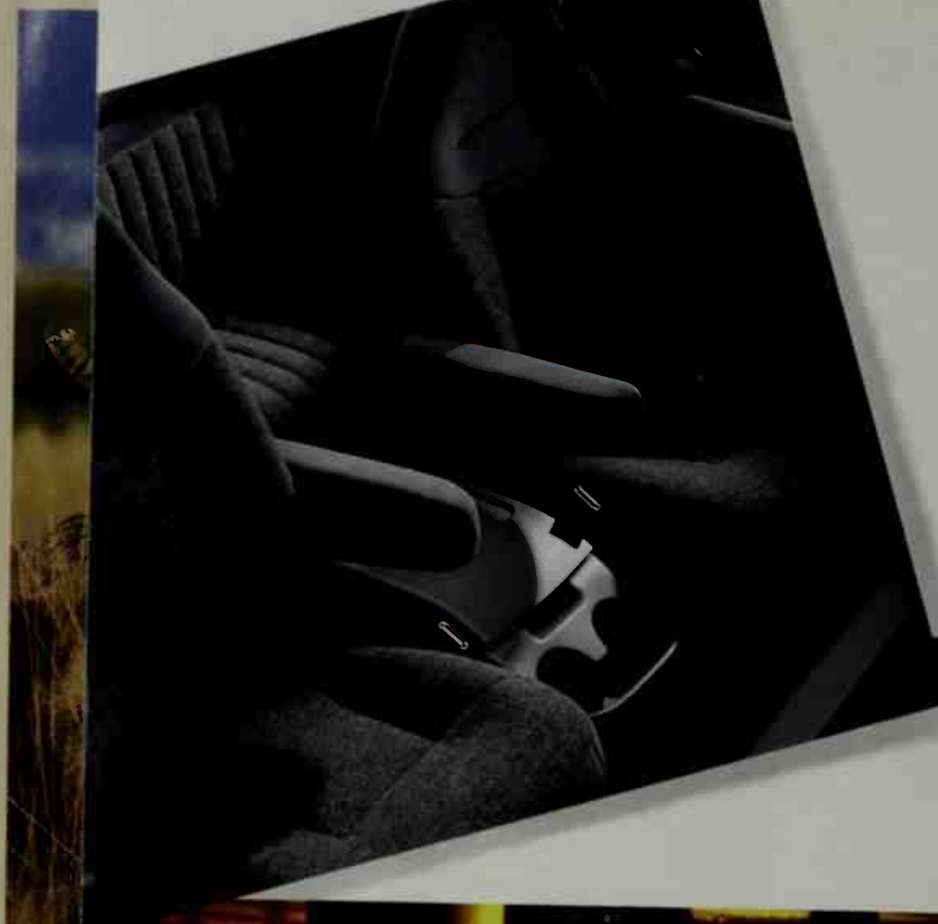
The campus offers a more peaceful environment for pregame festivities, with few automobiles, lots of shaded and sunny lawn areas, and beautiful bay views. Popular picnic sites include the Hearst gymnasium area, the base of the Campanile, faculty glade, the Miners Circle area, and the Greek Theatre. Check the maps just inside each main entrance to campus.

At noon the California Marching Band strikes up in Sproul Plaza, then marches up Bancroft and through various picnic sites playing traditional Cal songs.

AT THE STADIUM

Among the stock scenarios you'll see in the throngs looking for the correct gate to enter are ticketless kids searching for families that don't fulfill their five-person allowance on prepaid family passes and who are willing to temporarily adopt someone. Another sure sight is people surrounding the infamous giant garbage dumpster on the south side of the stadium—the last possible stop to finish canned or bottled drinks.

Inside the 75,662-seat stadium, the sunny student side faces the alumni section, which gets shaded by the overhead press box. The students are bare-chested or tank-topped, the alumni bundled up and cold. Students wear sunglasses, the alumni binoculars. Students yell "GO" and the Old Blues answer "BEARS" in the tradi-



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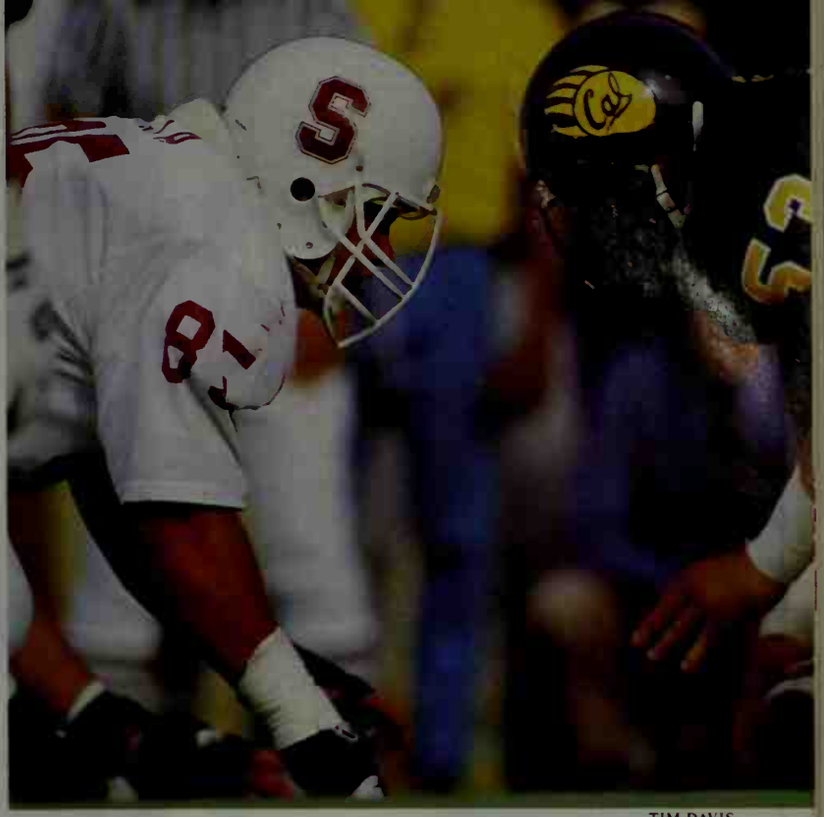
Cardinal and Blue Saturdays

Stanford and Cal football . . . traditions are colorful and parking is tricky



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CANNON ON TIGHTWAD HILL *in Berkeley fires after every Cal score.*

tional and oft-repeated cheer.

Above the students sit some other dedicated game-goers. Welcome to Tightwad Hill, a penny-pincher's dream. The view from this perch among the trees outside the stadium is almost perfect; only the north end zone is partially obscured.

The field is artificial turf, because it gets extensive use and because Strawberry Creek's waters run directly underneath. There's always talk that grass will be back, but so far . . .

Memorial's seating is bleachers, steep and compact; fans are close to the players and the game, enough so that when students deem victory is sure, they scramble over the low divider and storm the field. Sometimes they've been wrong or too early: Big Games in 1982 and 1990 were decided in part by the fans and band taking the field before the final gun sounded.

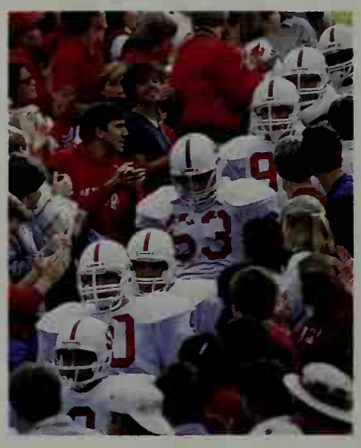
A warning to first-timers at Cal games: don't wear Stanford red and walk by the students! They'll chant "Take off that RED shirt" until you do, or until you walk away. More rambunctious students have been known to "roll" the red-wearer over the crowd and up the student section.

Look for Chancellor Chang-Lin Tien down on the sideline; heading a school famous for its research, not Rose Bowl victories, doesn't dampen his enthusiasm.

GETTING TO STANFORD

Public tranportation is convenient. Take CalTrain (most conductors let football fans off at a special stop ¼ mile from Stanford Stadium); or SamTrans or Santa Clara County buses, which have stops on campus (call 800/558-8661, 367-1500, or 965-3100, respectively). Or put your lunch in a backpack and drive or bike to the game; there are many bike paths and bike-parking areas near the stadium.

There is plenty of car parking in the park-like setting around the stadium and across El Camino Real at Palo Alto High School. Look for signs directing you to parking entrances. Most people picnic at their cars; choose from shaded or sunny grass, cement lots, or one of the many groves.



CARDINAL PLAYERS *absorb the energy of the crowd as they make their way to the field.*

BEFORE THE GAME

Stanford's eucalyptus and oak flatlands, on most days serene, will be filled with parked cars and canopies, picnics and tailgates. From the most elaborate setup with red umbrellas, white lace tablecloth, fresh flowers, and linen napkins, to the simplest—folding chairs in the back of a pickup truck—the atmosphere is friendly and festive.

Some sureties: more red cars than you've ever seen in one place and time, men dressed in traditional Stanford garb (varying shades of red sweaters, a white shirt, and a pair of khakis), and, if the team is victorious, a party under the trees lasting into the night.

The ever-growing crowd begins to wander toward the stadium about an hour prior to the game. A half-hour before, a crowd gathers to watch the players do the Stanford Walk. Their locker room is ¼ mile from the stadium, and students and fans cheer them on as they emerge from the west on Sam McDonald Road.

BAND MEMBER *horns in during Stanford's halftime show.*

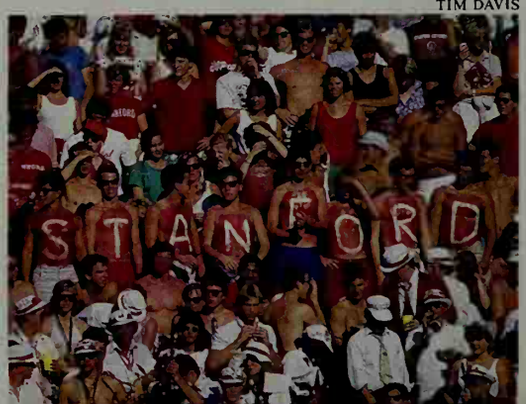
AT THE STADIUM

Stanford Stadium is the fourth-largest college stadium in the country, seating a whopping 86,019 on bleachers. While Berkeley's stadium, set into the hills, can feel confining, Stanford's feels expansive. The stadium is surrounded by spacious flatlands, and where there is an opening at the south corner, the seats seem to trail off, mirage-like, into the distance. A track around the field also adds some distance between the bleachers on opposite sides, blurring the thousands of fans across the grass into a sea of vibrant red and white.

Stanford's charm is its lack of some of the common college football traditions. The band isn't a military-style marching type but a "scatter" band, comprising musicians who swarm on the field at halftime. They play rock and roll, lampoon current events, and are perennially controversial. Adding to the zany atmosphere in previous years was a liberal alcohol policy. (Stanford banned cans, bottles, and alcohol in the stadium in 1990.)

There also are no organized cheers and no card tricks, and cheerleaders were brought back to the football games just last season. But look for the "dollies" dancing to the band's music, a decades-old tradition of Stanford's own. ■

TIM DAVIS



STANFORD STUDENTS *bare their school spirit.*

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Mexico's treasures come to Los Angeles

With epic sweep, 400 works celebrate art from ancient to modern

FREDERICA GEORGIA

LIMESTONE CHACMOOL *(reclining god) stares out from exhibit of artifacts from Chichén Itzá (9th to 13th centuries). Other figures include feathered serpent heads (left).*

REVEALING A nation's soul, Mexico: Splendors of 30 Centuries movingly presents the contradictory grandeur of that country's culture. What the exhibit may lack by only touching on individual periods and styles it makes up for in epic sweep, showing nearly 400 works from ancient to modern.

The exhibit, running October 6 to December 29 at the Los Angeles County Museum of Art, is the centerpiece of the largest celebration of Mexican culture in Los Angeles' history. (It also ran in New York and San Antonio.)

Galleries and other museums will also feature Mexican art. Some shows are part of a series accompanying the

exhibit; others are part of the Artes de Mexico Festival, focusing on contemporary Mexican and Chicano art, video, theater, dance, and music. Another series, Mexico: A Work of Art, includes everything from the visual arts to cooking demonstrations.

For details on the busy schedule of events, a special telephone number has been set up; call (213) 688-2787.

LOOKING ACROSS THE CENTURIES

Viewers accustomed to the *turista* genre of Mexican art have a revelation in store. The Splendors show not only explains styles and historical developments, but also portrays the enduring grandeur of Mexican culture. Its ancient civilizations are less known but comparable to early Egypt in artistic and architectural development, while modern artists like Diego Rivera and Ruffino Tamayo are among the giants of the 20th century.

With an audio tour ($3.50), the exhibit takes 2 to 3 hours to cover in any detail. If pressed for time, you might want to concentrate on the pre-Columbian sections.

About a third of the exhibit is devoted to pre-Columbian cultures: Mayan, Olmec, and Aztec. The giant stone figures are stunning and rarely seen in the United States, but the memory of delicate smaller works like a pure white alabaster mask from Tenochtitlán with bright hues for the eyes may linger more vividly. As with a fresco fragment from Teotihuacán, the colors come as a surprise and help link these works to today's decorative arts.

A particularly poignant piece is also from Tenochtitlán. A tiny bell pendant with an eagle warrior commands attention not just for its delicacy, but because it is gold. Most gold works were melted down after the Spanish conquest, and the piece is one of the few reminders of the leg-

SEVERAL WORKS *by Frida Kahlo are featured in 20th-century section of exhibit.*

TAMAYO'S LUNA Y SOL *(above) is on display at Remba Gallery; Jean Charlot's Maternidad (below) is at Bannatyne. Both galleries are in Santa Monica.*

BANNATYNE GALLERY

More maneuverable than a mini-van. More versatile than a station wagon. Just the right size. The new Expo Sport Wagons. Expo seats seven. Expo LRV, five. Available with all-wheel drive. Call 1-800-447-4700. For the fun of it.

MITSUBISHI
The word is getting around.

endary tales of Aztec riches.

As you walk from the Aztec section to exhibits on post-1521 Spanish rule, the change is jarring, hinting at still-sharp divisions in Mexico's national psyche. The rest of the exhibit traces Mexican artists' attempts to reconcile these differences. (In a 16th-century example, a large crucifix was made of corn paste using a pre-Columbian technique; in a Siqueiros piece, a Mexican peasant has an Olmec mask for a face.) The survey stops at 1950; for later work, try Artes de Mexico.

LOGISTICS FOR VISITING

Tickets for specific times are on sale at TicketMaster locations now and, starting October 6, at the museum, 5905 Wilshire Boulevard. Cost is $5, $3.50 for students and seniors, $1 for ages 6 through 16.

Weekday mornings will probably be the least crowded, although they're the busiest time for school trips. If you can attend only on a weekend, order tickets in advance (large exhibitions have sold out in the past). Friday nights might also be a good time to attend. Exhibit hours are 10 to 5 Tuesdays through Thursdays (till 9 Fridays), 10 to 6 weekends. For details, call (213) 857-6110.

During the exhibit, the museum holds related lectures, concerts, and screenings. With the Craft and Folk Art Museum, it is sponsoring the Family Festival of Mexican Arts (with food, crafts, and demonstrations), October 6 in the park next to the county museum. Call 857-6139.

Take advantage of the craft museum's location just a block from LACMA and try a cultural doubleheader. There, the 135-object Folk Treasures of Mexico includes masks, wood statues, and pottery selected from the 2,500-piece Nelson A. Rockefeller Collection of the San Antonio Museum of Art.

The craft museum is in a temporary home on the fourth floor of the May Company store at Wilshire Boulevard and Fairfax Avenue. Hours are 11 to 5 Tuesdays through Sundays; admission is free. Call 937-5544.

ONWARD FROM WHERE SPLENDORS LEAVES OFF

Already under way, Artes de Mexico spreads across Southern California with more than a hundred events. It includes gallery showings as well as some innovative looks at the city's public mural tradition, with tours in East L.A. October 13 and November 9, and painting exhibitions October 6 and 26.

Through November 30, The Carnegie Art Museum in Oxnard has a show that focuses on the 20th-century Mexican masters Rivera, Siqueiros, and Tamayo, as does the Armand Hammer Museum of Art and Cultural Center in Westwood, from October 2 through November 11. And from October 12 through December 29, the Bryce Bannatyne Gallery in Santa Monica (604 Colorado Avenue; open Tuesdays through Sundays) shows work by Mexican modernists—including a recently rediscovered local mural by Alfredo Ramos Martinez.

Ramos Martinez's ties to Los Angeles are strong. He spent nearly 20 years in the city, painting a number of murals and illustrating covers for the *Los Angeles Times'* magazine. From October 1 through January 6, Louis Stern Galleries presents a retrospective of his works. The gallery is at 9528 Brighton Way, Beverly Hills. It's open Mondays through Saturdays. ■

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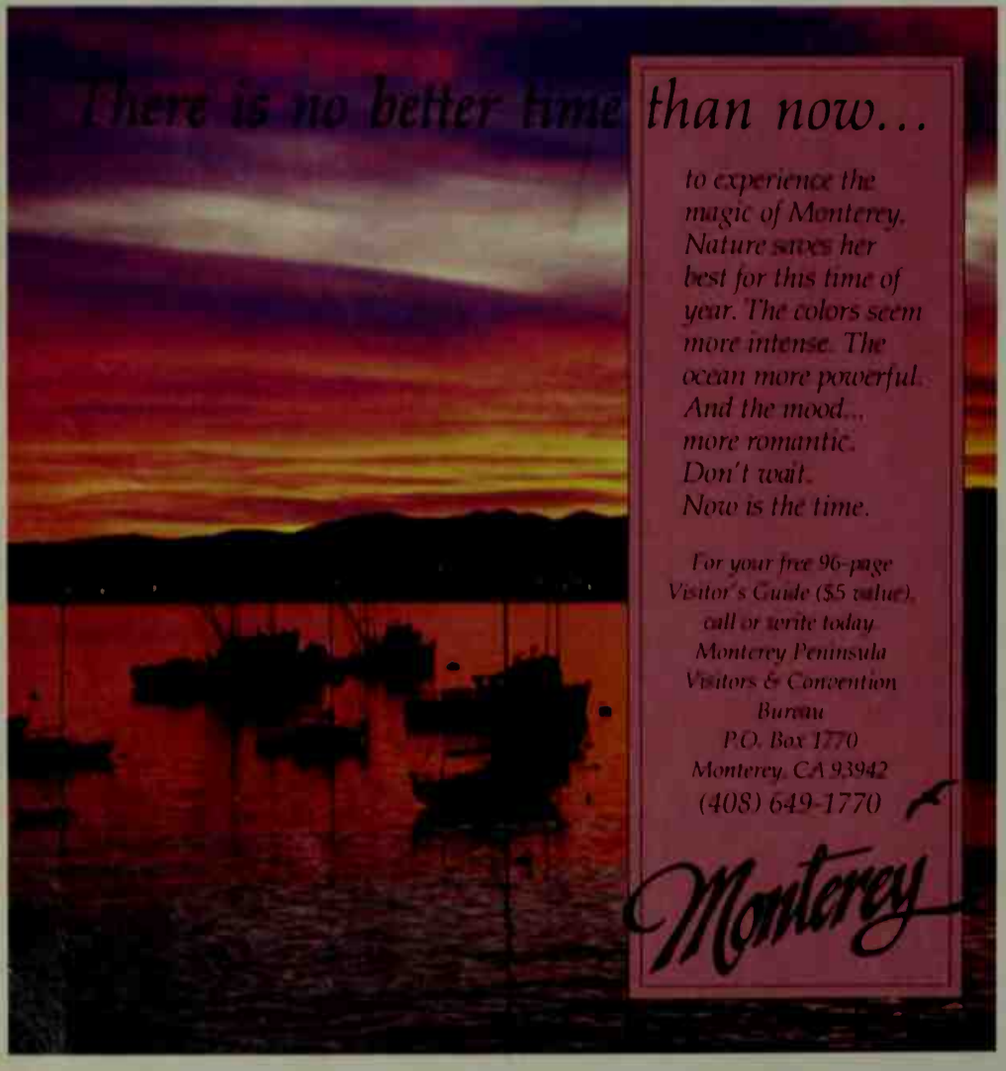
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At the southern tip, it's still old Baja

San José del Cabo is an uncrowded 250-year-old village

LOS CABOS (THE CAPES) REFERS to two distinct areas on Baja's southern tip: Cabo San Lucas and San José del Cabo. Cabo San Lucas lures schools of sportfishing aficionados and herds of sun-worshipping vacationers.

But just 20 miles east on Transpeninsular Highway 1, the 250-year-old village of San José del Cabo is a less crowded, more authentic part of old Baja. Here, sailors and pirates used to make a final pit stop before heading out to sea.

The heart of this semitropical town is the Iglesia de San José, on the Plaza Mijares. Above the church's arching doorway, a colorful tile mural depicts an early missionary being beheaded by Pericu Indians, the area's original inhabitants. On Saturday evenings beginning around 6, the town hosts a fiesta in the plaza. Stroll among the locals, sample slices of melon and mango, and relax near the fountain.

Around the plaza are small shops selling regional goods, and restaurants with good food and reasonable prices. Shop hours vary; most close from 2 to 4, and many are closed Sundays.

Antigua Los Cabos sells hand-carved furniture, hand-painted ceramics, and other decorative items. Artesanias Wendy has the best collection of small wood and papier-mâché masks. Also look for silver jewelry, pottery animals (particularly fish), and Day of the Dead folkloric items.

If you're just looking for trinkets or souvenirs (and enjoy bartering), walk down main street, Paseo Mijares, to the open-air stalls. If you're persistent, you can get gemstone rings, hand-blown glass, rugs, and a huge se-

SHE UNEARTHED *wooden Day of the Dead art piece at shop on plaza.*

COLONIAL-STYLE *stone church, rebuilt following a battle in 1847, is focal point of Plaza Mijares.*

lection of Mexican kitsch at bargain prices.

Among the restaurants, here are two we like. Damiana, in a converted 18th-century adobe mansion, serves Mexican dishes like octopus in a light garlic sauce. Pietro's, near the mission, is known for its fresh pasta.

Within walking distance of town, the tourist zone includes the cape's only golf course, the nine-hole Los Cabos Golf Club, and six beachfront hotels (because of strong tides, ocean swimming isn't recommended here). They range from an economical Comfort Inn to the Stouffer Presidente, which fronts the San José River estuary, a bird sanctuary for more than 200 species. ■

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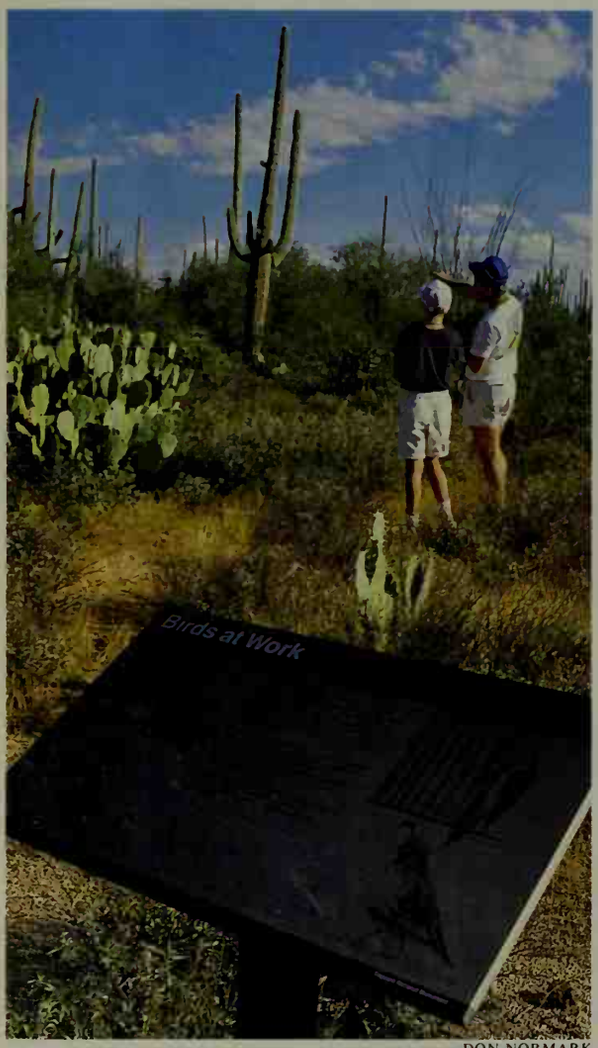
Take your binoculars to Arizona

Visiting Tucson without bird-watching is like vacationing in Hawaii without going to the beach

VIBRANT COLORS *of broad-billed hummingbird show best in sun.*



DON NORMARK

"DID YOU HEAR THAT CALL?" *Birders at Saguaro National Monument abandon interpretive sign to track down the real thing among the cactus.*

IF YOU VISIT TUCSON this fall or winter, be ready for impossibly beautiful sunrises, toasty days, and birds. Birds? More than that, birds that seem to draw double takes from everyone, serious birder or not. You'll find everything from bright red cardinals to painted redstarts, Chihuahuan ravens to clown-faced acorn woodpeckers.

Southeastern Arizona's serendipitous mix of mountains and desert attracts birds from Mexico, the East, and all parts of the West. Tucson is the gateway to all this. Within an hour's drive from town, two stream-watered canyons and a vast saguaro forest offer perfect birding in several habitats. Weather is usually excellent this time of year—cool at dawn, shirtsleeve-temperature later on.

Best birding (particularly in open desert) is early in the day. If you're out at sunrise, you'll be astonished at the number and variety of birds you can see. At midday, you probably won't find much.

Take binoculars and a field guide. And before you set out, call Tucson Audubon's rare-bird hotline—(602) 798-1005—to learn about recent sightings of unusual birds.

REAL CARDINAL'S RANGE *pushes west into southeastern Arizona.*

LOOK FOR *Montezuma quail in grassy canyons.*

MADERA CANYON: MECCA FOR BIRDERS

Rolling northwest out of the Santa Rita Mountains, Madera Canyon empties into the Sonoran Desert below. In just a few miles, the canyon takes you from desert plain to mixed tracts of pine, alligator juniper, Arizona madrone, and Douglas fir. Oaks and sycamores line the stream, and chaparral cloaks the canyon's flanks.

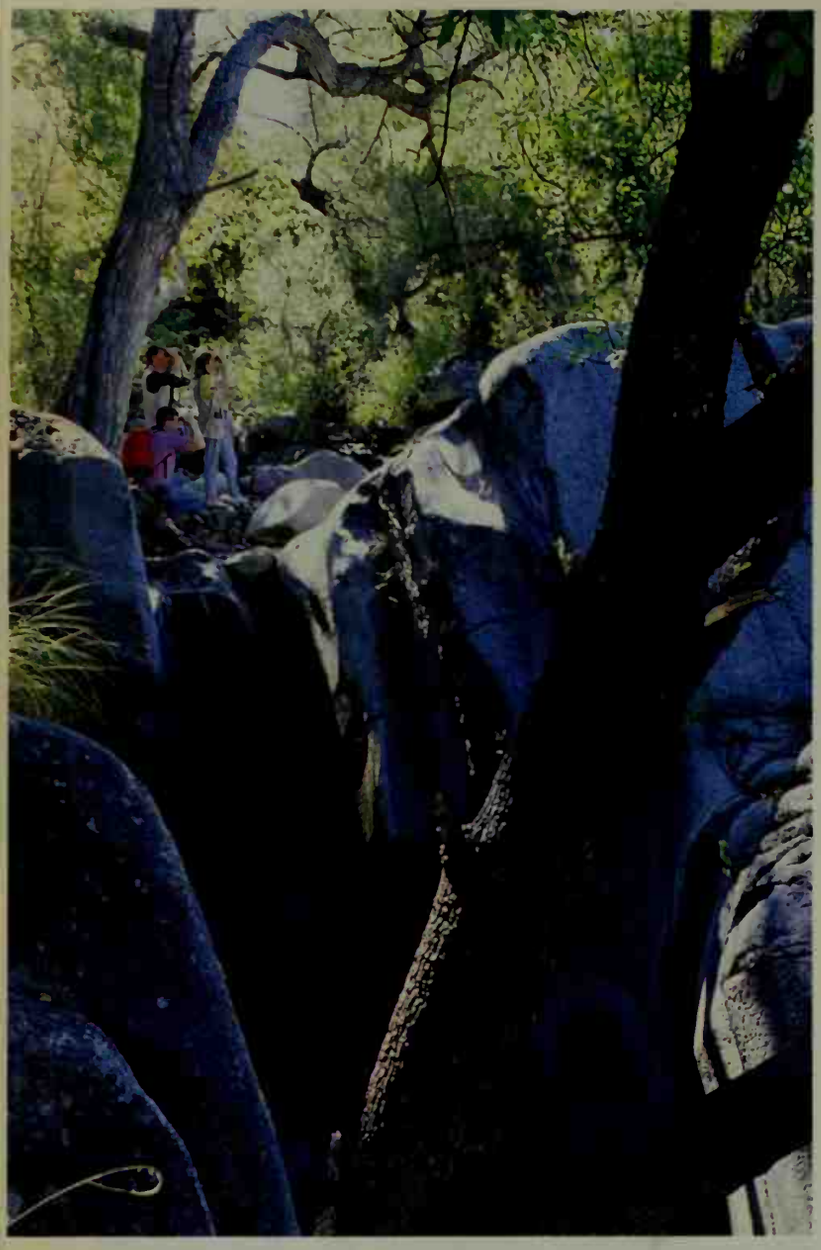
This rare combination of abundant water and multiple habitats serves as a magnet for a remarkable array of insects, birds, and mammals.

A new, easy trail travels the 3-mile length of the canyon; parts are graded for the disabled. Starting at dawn, slowly walk the trail between Proctor Road (at the canyon's mouth) and Santa Rita Lodge (1½ miles upstream). Painted redstarts, gnatcatchers, bridled titmice, yellow-eyed juncos, and gray-breasted jays frequent the trees above, while Gambel's quail and three kinds of towhee work the underbrush. As the day warms up, look for vultures, ravens, and hawks floating on air currents over the canyon. The oaks here are full of woodpeckers; acorn woodpeckers are most common, with Strickland's here as well.

When birding slows down, walk up the nature trail 1½ miles from the lodge to the Roundup parking lot. Trailside birding isn't great, but views down the canyon and out over the desert are.

If you aren't up for the hike, stake out the feeders at the lodge (almost every bird in the canyon visits them at one time or other), or hunt for insects in the canyon

EACH BIRDING SPOT *offers different habitat. All are easily reached from Tucson.*



RIBBON OF WATER *from year-round stream is part of what draws birds and birders to Madera Canyon, near Tucson. Falls are near canyon's mouth.*

bottom. The area is rich in butterflies, spider-killing *Anoplius* wasps, and mesquite-girdling beetles (these litter the ground with perfect, pencil-thick mesquite prunings).

At night, check the lodge's hummingbird feeders again: nectar bats work them almost constantly. Then head back up to Roundup at the top of the canyon. Sit quietly, watch for shooting stars, and listen; you have a fair chance of hearing coyotes or javelinas (wild peccaries), or maybe spotting a fox or coatimundi slipping across the road.

To reach Madera Canyon, take I-19 south 23 miles from Tucson to exit 63, at Green Valley. Go east 1 mile on Continental Road to White House Canyon Road; turn right. Go 7 miles, then veer right onto Madera Canyon Road. Follow it 3½ miles to the canyon.

To join a naturalist-led guided walk through the canyon (about $10), or to make reservations at Santa Rita Lodge (which caters to birders), call 625-8746.

If you like to camp, you can stay in the canyon at Coronado National Forest's Bog Springs Campground. Cost is $5 per night; picnicking is $5 per day.

SAGUARO MONUMENT: BIRDS IN THE CACTUS

Dawn is the time to be in Saguaro National Monument. The monument's western unit, draped over the mountains just northwest of Tucson, averages 200 saguaros per acre. Pull over at almost any turnout and start walking, scanning for a look at the birds that make their home in the saguaro forests.

Watch for gilded flickers, Gila woodpeckers, kestrels, white-winged doves, western screech owls, and cactus wrens, the latter of which dive with impunity into spiny teddy-bear chollas. As you walk through this rich desert environment, see how many kinds of cactus you can pick out. There are dozens of species in all sizes and shapes, and they seem to be organized into the most perfect of gardens.

To reach the monument, take Speedway Boulevard west from I-10 about 4½ miles to where it jogs left onto Gates Pass Road. Follow that 5 miles to its end at Kinney Road; turn right and go 4½ miles to the monument. For a map, stop at the monument's Red Hills Information Center, open 8 to 5 daily.

DON NORMARK

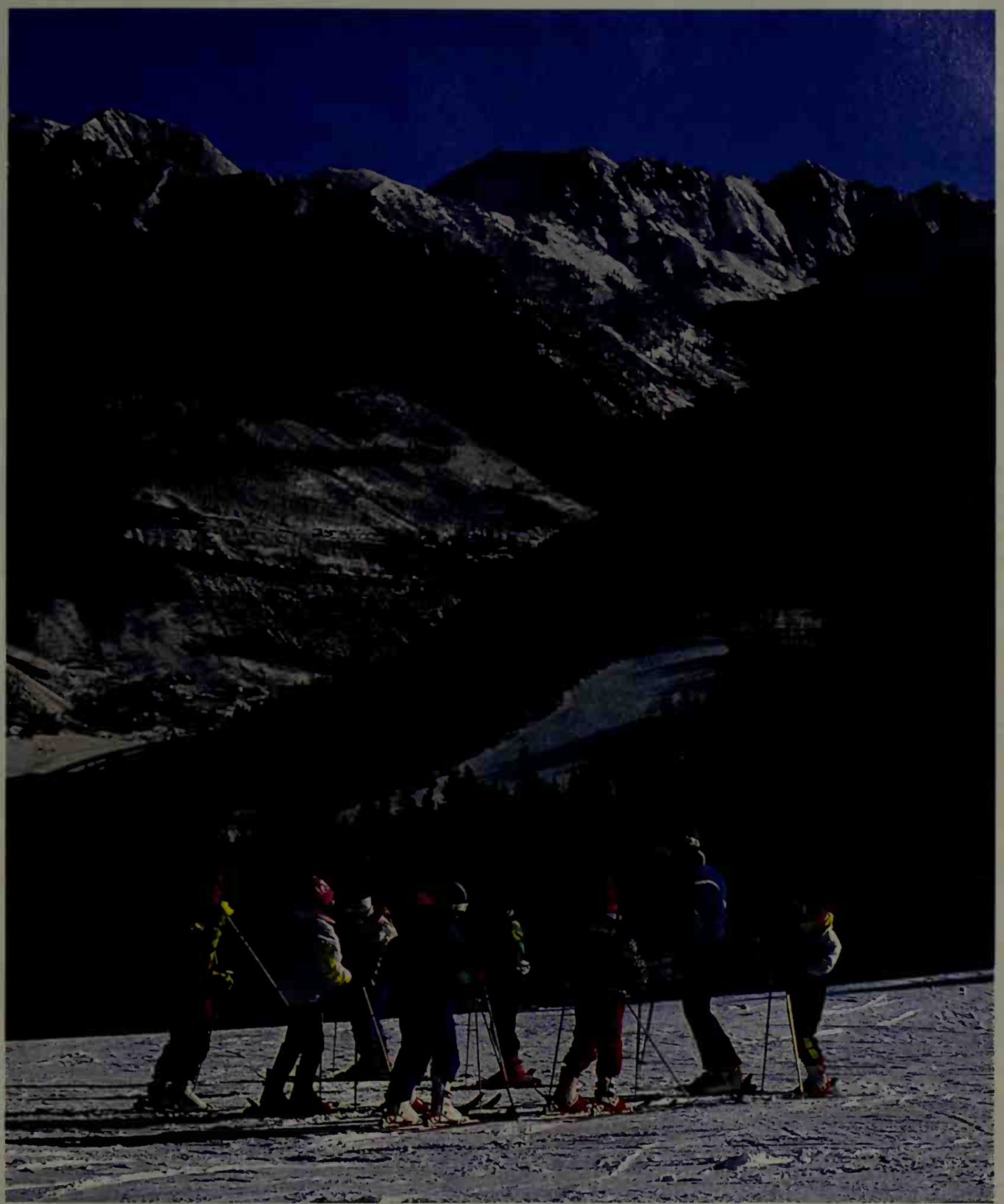
TILES *at Tucson's desert museum identify native birds in surrounding aviary—a good place to study creatures you may only glimpse in the wild.*

SABINO CANYON: AT TUCSON'S BACK DOOR

Sabino Canyon is much warmer, lower, and steeper-walled than Madera Canyon. Willows, cottonwoods, oaks, and mesquites line the southwest-draining stream, and saguaros stud the stone ramparts that hem it in.

Pick up a bird list at the visitor center, then ride a tram 4 miles to road's end in Upper Sabino Canyon ($5, departs every half-hour from 9 to 4:30 daily). Walk back down, birding as you go. You can reboard at any of nine stops along the road. Eight stops have rest rooms; stops 1 and 2, about 1½ miles from the visitor center, have water.

As you walk, look for



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northern flickers, curve-billed thrashers, phainopeplas, and Gambel's quail among the saguaros. You have a chance of seeing a spotted owl on the cliffs here. Watch for soaring birds—including golden eagles—above, and listen for the clattering call of belted kingfishers along the stream below.

You can soak your feet anywhere along the stream. The most water—and often the best birding—is at Sabino Lake in Lower Sabino Canyon. To get there, leave the road at tram stop 1 and walk downstream almost a mile, checking for cardinals and small birds in the brush along the way. You can take the trail or a tram back to the visitor center from the lake. Look for roadrunners near the visitor center.

To get to Sabino Canyon, take Speedway Boulevard about 5½ miles east from the University of Arizona. Go northeast about 1½ miles on Wilmot Road (becomes Tanque Verde Road), then north on Sabino Canyon Road. Continue about 4½ miles; the visitor center is on your right.

INFORMATION RESOURCES

Southeastern Arizona also has a wealth of resources to help you understand the creatures you can see there.

Arizona-Sonora Desert Museum. Already the West's best interpreter of Sonoran plants and animals, the museum also has one walk-through aviary for hummingbirds, one for songbirds. They put you nose-to-bill with most of the native birds that can survive in captivity.

As you walk through the hummingbird aviary, you'll probably jerk back countless times as these tiny birds zip past your head. Keepers say, however, that the birds have never touched a visitor. You'll find 10 kinds of hummers here, all of them common to southeastern Arizona in summer, but usually much farther south in winter.

Conventional cages house about two dozen native birds of prey (hawks, owls, vultures, eagles). Handlers may take them out for close-ups.

Built in a saguaro forest, the museum attracts remarkable concentrations of free-flying wild birds. Some are rare; bring your binoculars.

The desert museum is open 8:30 to 5 daily. Tickets (sold until 4) are $6 for ages 13 and over, $1 for ages 6 through 12. Follow directions on page 48 for Saguaro; the museum is on your left before you reach the monument.

Tucson Audubon (300 E. University Boulevard, open 10 to 4 Mondays through Saturdays, until 6 Thursdays). You can buy everything from discounted high-quality binoculars to field guides and birdwatchers' vests here.

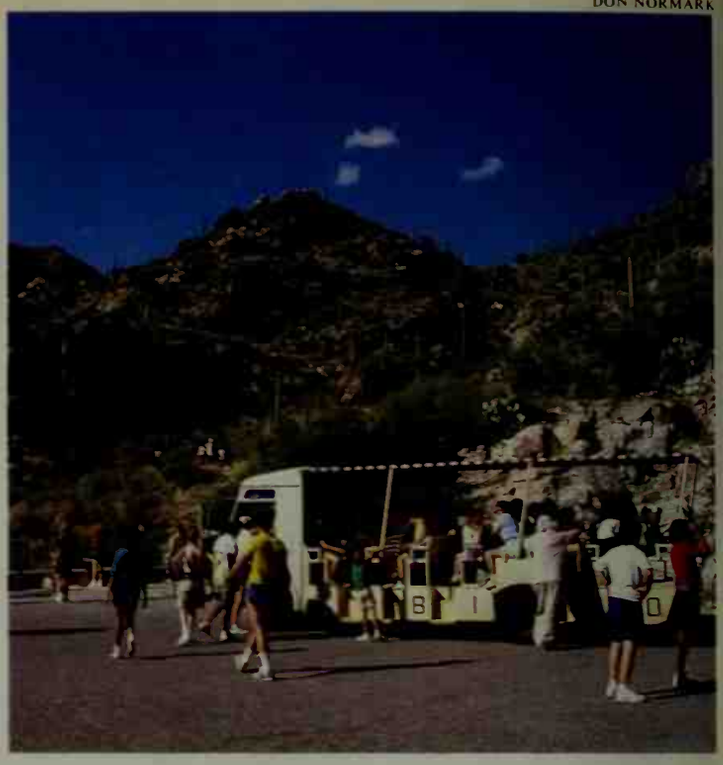
If a bird stumps you, look through the shop's reference library. If you just want to know where to look for birds, or how to join a local Audubon field trip, the clerk can offer help.

Field guides, bird lists. Each location we've listed offers a free bird list. For a broader list, pick up *Check List of Birds of Southeastern Arizona* (25 cents) at the Tucson Audubon office.

The two best regional guides, with suggestions for where and when to look for each species, are *Birds in Southeastern Arizona*, by William Davis and Stephen Russell (Tucson Audubon, 1990; $8.50), and *Lane's A Birder's Guide to Southeastern Arizona*, by Harold Holt (L & P Press, Box 21604, Denver, 1989; $8.95).

For bird identification, try *Birds of North America*, by Robbins, Bruun, and Zim (Golden Press, New York, 1983; $10.45); *Field Guide to the Birds of North America* (National Geographic Society, Washington, D.C., 1987; $17.50); and *A Field Guide to Western Birds*, by Roger Tory Peterson (Houghton Mifflin Company, Boston, 1990; $15.95). ■

DON NORMARK



PASSENGER TRAM *climbs to end of Sabino Canyon Road; you walk or ride back. There's no car access here, so all is quiet between trams.*

HARRIS' HAWK, *hatched at the desert museum, is brought out for a look at museum visitors.*

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CLAIRE CURRAN

WITH MORE THAN A TON *of trouble under him, bull rider shows classic form in National Finals Rodeo.*

When tickets are tough in Las Vegas

It takes planning to get into the big sports events

THE HIGH ROLLERS wait until the last minute: the airport fills with private jets, and limousine drivers do big business. But the real fans arrive early for major Las Vegas sports events, and their garb is a clear sign of what's happening in town. For December's National Finals Rodeo, it's all cowboy—lizard-skin boots and sharp-brimmed Stetsons. For a major fight, the look is urban—flashy, lots of gold. UNLV sweatshirts? You see those all the time.

The Strip comes alive with buzz and gossip: Buster Douglas looked fat at the weigh-in, Ty Murray got bumped around some on a bull last night, the Rebels might announce a new recruit. The excitement and speculation keep building, and just before events, arenas pul-

THE REAL DEAL, *Evander Holyfield, meets press after winning world heavyweight title last October.*

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sate with the energy of sports history in the making.

Las Vegas may not have any big-league teams, but it offers a remarkable range of world-class sports events. We list upcoming competitions, with details about tickets, so you can add an event to a Las Vegas itinerary.

THERE'S NO BUSINESS LIKE PRO BUSINESS

It's been almost 40 years since big-time sports came to Las Vegas with the 1953 golf Tournament of Champions at the Desert Inn. Since then, the city has hosted a number of notable events. Some became part of sports lore—like the time Muhammed Ali (then Cassius Clay) defended his first heavyweight title against Floyd Patterson in 1965—while Evel Knievel's 1969 motorcycle jump and the world armadillo racing championships in the early '80s blurred the line between sport and hype.

But these days, there's not much need to hype Vegas as a sports capital: in just over a month last year, Evander Holyfield won the heavyweight boxing title, Ty Murray won his second consecutive cowboy championship, and the UNLV Runnin' Rebels started their quest for a second consecutive national basketball championship.

TOUGHEST TICKETS IN TOWN

Getting tickets for main events is difficult on short notice. Scalping is illegal in Nevada, and there are no legal ticket agencies. But if you scan the classifieds, you'll likely see tickets for sale or trade. We list some other sources under each event.

Boxing. The next scheduled championship fight here is November 8, when Mike Tyson and Evander Holyfield step inside the ropes at Caesars Palace. Las Vegas has hosted some of the biggest fights in recent years, and many consider it the world's boxing capital. The issue for the championship fights is often less one of ticket availability than of price: a seat at last year's Holyfield-Douglas fight at The Mirage cost anywhere from $200 to $1,000, and the fireworks show and Wynton Marsalis's National Anthem probably lasted longer than the bout itself. But even if you don't attend the fight, the host hotel is usually the place to be. Taxis and parking are at a premium, so consider walking over.

Some hotels have frequent fight cards with quality lesser-known boxers; check newspapers and guides for schedules. Tickets run $20 and up. For big fights, contenders often hold public workouts; check with the host hotel or the newspaper.

Rodeo. December 6 through 15, Las Vegas takes on a country and western twang during a veritable cowboy Super Bowl, the National Finals Rodeo. Because scoring is cumulative and each round offers prize money, you don't have to attend the final night to see high drama.

Now the bad news: tickets are already sold out for this year's rodeo. But starting December 2, you can try Miller Stockman (3200 Las Vegas Boulevard), which has a ticket exchange, or check the classifieds in *Prorodeo Sports News.* Tickets are $17.50 to $26. Tickets for the 1992 rodeo go on sale by mail January 2. For details, call (702) 731-2115.

During the rodeo, major country singers like George Strait and Waylon Jennings play at hotels on The Strip in one of the nation's largest annual assemblages of country and western talent.

If you can't get tickets for the finals, try the Las Vegas Helldorado Days Rodeo in late May, when college and professional cowboys compete at Thomas & Mack Center. Tickets cost $5 to $11, depending on the event; for information, call 870-1221.

GREG CAVA

SHARK CARD *entertains during break in UNLV basketball game.*

UNLV basketball. About 2,000 tickets for each 1991–92 season game go on sale in late November by phone or mail. The Runnin' Rebels face a host of NCAA sanctions, as well as a rebuilding year following the departure of several stars from 1990's championship team.

While the Rebels can't contend for the national championship this year, outgoing coach Jerry Tarkanian will retire as the winningest NCAA coach in history if the team wins 20 games this season. Even so, tickets will go fast. If you send in your check ahead of time (specify the game), you'll gain priority. Tickets cost $10 and up. For orders and schedules, call 739-3900.

You might also ask about UNLV's other Division 1-A sports, including football at the Sam Boyd Silver Bowl; call 739-3207.

STARS AND STRIKES, PAR FOR THE COURSE

Minor league baseball. Cashman Field is home to the Las Vegas Stars, the San Diego Padres' Pacific Coast League affiliate. The modern stadium, while intimate, has a professional luster, with a decidedly major league center field (433 feet). Tickets are $2.50 to $5, and the season runs through August. For information, call 386-7200.

Bowling. One of the Professional Bowlers Association tour's oldest events, the Showboat Invitational, comes to the Showboat Lanes January 12 through 18. Admission is free. Seating is first come and is especially tight for Saturday's finals; lane officials say that diehards arrive around 7 A.M. for the noon start. For more information on this tournament and June's seniors tour event, call 385-9153.

Golf. The PGA Las Vegas Invitational, a descendant of the Tournament of Champions, will be held October 9 through 13 at three courses, with the final two rounds at the Las Vegas Country Club.

The event draws big crowds, but ticket availability isn't a problem. Tickets are already on sale, and you can save by buying in advance. Season passes for all events are $40 and include clubhouse privileges; single weekday tickets are $7, single weekend ones $10 ($60, $12, and $15 at the gate). There are also special weekday two-for-one deals for seniors and free admission for ages 17 and under with a paying adult; call 382-6616 for more details.

Las Vegas also hosts a seniors tour event in May and a women's (LPGA) tournament in March; for more information on either of these events, call 733-4653. ■

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THEY BLEND THE ROMANCE OF a private yacht with the space and luxuries of a cruise ship. Four new masted cruise ships are plying the clear, warm waters of the Caribbean, paying visits to lightly inhabited ports of call, remote harbors, and quiet islands inaccessible to larger ships.

These sailing ships offer pools, bars, and restaurants but take advantage of their shallow drafts and electronically controlled sails to cruise at an average speed of 8 to 12 knots. In strong tradewinds, three ships—*Club Med 1,* and sister ships *Wind Star* and *Wind Spirit*—can cruise as fast as 11 knots; the *Star Flyer,* modeled after the sleek clipper ships of yesteryear, can reach 15 knots. (Standard cruise ships average 20 knots.)

When the winds falter, specially muffled electric or diesel engines add power. Like larger cruise ships, these boats use stabilizers to help keep them upright and reduce motion. Sails are raised day or night, whenever there is enough wind.

While the ship is moored, you can go ashore, or (on all but the *Star Flyer*), boat off the "sports platform," which is lowered from the stern or midships. Each ship has a fleet of sailing craft and water-ski boats. Plenty of snorkeling gear is on hand, as is scuba gear for certified divers.

Passenger capacity ranges from 148 to 386—far fewer than the thousand-plus you find on some cruise ships. As on a private yacht, the atmosphere is relaxed and dress is casual, with fewer planned activities than on conventional cruise ships.

A smaller passenger load often brings more personal attention, and more adventurous cuisine. When possible, fresh seafood and fruit bought at ports of call are served.

Costs are higher than on conventional cruises, ranging from $1,000 to $2,700 per person for a seven-day cruise, excluding air fare. Discounts are available (except for *Club Med 1*) for bookings made at least four months before departure. All three companies have special rates on air transportation and optional hotel accommodations. None encourages bringing younger children.

Fares listed here are per person,

with double occupancy.

Club Med 1. The largest and most luxurious ship of its kind, *Club Med 1* is 617 feet long and has five masts, eight decks, and a draft of only 16½ feet. Capacity is 386 passengers; about half are usually from outside the United States.

Seven-day "southern route" cruises depart from Martinique and travel to St. Lucia, Bequia, Barbados, Tobago Cays, Mayreau, and Carriacou.

Two "northern route" itineraries are from Martinique to Les Saintes, St. Barthélemy, Virgin Gorda, Jost Van Dyke, St. Thomas, and St. Kitts; and Martinique to Marie Galante, Nevis, Virgin Gorda, St. Martin, Tintamarre, and Dominica.

Cost ranges from $1,750 to $2,690. A one-time initiation fee of $30 per family and a $50 per person annual membership fee are also charged.

Club Med, 40 W. 57th St., New York 10019; (800) 258-2633.

Wind Star, Wind Spirit. These four-masted sister ships, each 440 feet long, can carry a maximum of 148 passengers; premium on service, relaxation.

Seven-day cruises go from Barbados to the Windward Islands (Tobago Cays, Grenada, Carriacou, Bequia, St. Lucia, Martinique) and Leeward Islands (St. Lucia, Les Saintes, St. Maarten, St. Barthélemy, St. Kitts).

Cost ranges from $1,995 to $2,695 for seven days. Special longer voyages are also offered.

Windstar Cruises, 300 Elliott Ave. W., Seattle 98119; (206) 281-3535.

Star Flyer. This 360-foot-long four-masted vessel is modeled after the classic clipper ships.

It carries a maximum of 180 passengers on seven-day cruises from St. Martin to the Virgin Islands (stop-offs may be Virgin Gorda, St. Thomas, St. John, Tortola, Jost Van Dyke, and Peter Island) or the Leeward Islands (among them, St. Barts, St. Barthélemy, St. Kitts, Montserrat, Antigua, Nevis, Statia, St. Eustatius, Saba, and Barbuda).

Facilities include two seawater pools and four tenders for shore visits. Side lights illuminate surrounding water so passengers can see coral beds and schools of fish. Cost for a seven-day cruise ranges from $995 to $2,495. The lower-priced, smaller rooms tend to attract younger passengers to the ship.

Star Clippers, Inc., 2833 Bird Ave., Miami 33133; (800) 442-0551. ■

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Hong Kong, Seoul
SHOPPING SPREE

Fashion outlet stores are the focus of a 10-day tour for serious shoppers. It leaves Los Angeles on November 30. See Hong Kong and its harbor between visits to factory outlets and designer shops offering brand-name clothing, leather, lingerie, jewelry, and porcelain. In Seoul, visit outlets and open-air markets. The $2,199 cost includes air fare, hotel, and tour; most meals are extra. British Pride Tours, 484 Lake Park, Suite 67, Oakland 94610; (510) 839-9874.

Bahamas
SNORKEL WITH DOLPHINS

For a week in the Bahamas, swimmers and snorkelers can research the spotted dolphin's social and family groups. Live aboard a schooner, swim and interact with the dolphins when they approach, and record the proceedings with video and acoustic equipment. There are six departures November through February. Cost of $1,250 includes instruction, meals, and accommodations. Oceanic Society Expeditions, Fort Mason Center, Bldg. E, San Francisco 94123; (800) 326-7491 or (415) 441-1106.

Guatemala
MARKETS, RUINED CITIES

Leaving San Francisco on January 5, a two-week tour visits museums and markets in Guatemala City and colonial Antigua, and volcano-ringed Lake Atitlán and nearby Indian markets. An archeologist lectures on Mayan ruins; visit the ruined cities of Kaminal, Juyu, Tikal, and Quirigua, as well as Copan (in Honduras). The $2,059 cost includes air fare, lodging, breakfasts, and an art historian-guide. International Travel Programs, Office of Continuing Education, San Jose State University, San Jose 95192; (408) 924-2680.

Georgia, South Carolina
GOLF CRUISE

November 16 and 30, *Nantucket Clipper* leaves Jacksonville, Florida, for seven-day cruises to Charleston, South Carolina. You'll receive instruction from a golf pro and play at St. Simons Island, Georgia, and Sea Pines Plantation and Wild Dunes, South Carolina. Enjoy optional shore excursions or two additional rounds of golf. Cost, from $1,950 per person, includes cruise and three 18-hole rounds of golf. Clipper Cruise Lines, 7711 Bonhomme Ave., St. Louis, Mo. 63165; (800) 325-0010.

New Zealand
CYCLE, RAFT, TREK

November 29, a two-week tour from Los Angeles visits Christchurch. Drive to Arthur's Pass, then cycle for four days (55 to 65 miles a day) between alpine peaks, to Franz Joseph Glacier, and along South Island's west coast. Near Queenstown, spend two days rafting the Kawarau and Shotover rivers. (A bungee jump is optional.) Hike for four days along the Milford Track, through lush valleys and rain forests, past waterfalls. Cost of $2,995 includes lodging, most meals, and air fare. The Northwest Passage, 1130 Greenleaf Ave., Wilmette, Ill. 60091; (800) 732-7328.

India
RURAL LIFE

November through March, join research teams for a month in subtropical Kerala state at India's southern tip. With a cultural guide, live in a middle-class rural family and participate in family and community life. Team members observe how the few resources are used and how these people with a per capita income of less than $300 achieve high life expectancy and low infant mortality. The $1,695 cost includes meals, instruction, and lodging. Earthwatch, 680 Mount Auburn St., Watertown, Mass. 02272; (617) 926-8200.

Micronesia
ARCHEOLOGY, BIRD LIFE

Leaving Honolulu on January 19, spend 18 days exploring the islands of Kosrae, Ponape, Truk, Yap, Palau, Saipan, Tinian, and Guam and their complex marine ecosystems. Visit Lelu and Nan Madol archeological sites, World War II museums and memorials, traditional villages. Outings focus on bird life or involve snorkeling and swimming on fine beaches. Cost of $5,562 includes hotels, meals, and naturalist-guide. Questers Tours and Travel, 257 Park Ave. S., New York 10010; (800) 468-8668.

What a travel agent can do for you: *provide information on destinations and tours; help you plan a trip; reserve space on air, rail, and cruise lines; make hotel and resort reservations. Travel agents usually do all this without charge, but they do charge for "custom" tour service.*

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Robinson's, Arcadia: Santa Anita Fashion Park • Cerritos: Los Cerritos Mall • La Jolla: University Towne Centre • Newport Beach: Newport Fashion Island • Puente Hills: Puente Hills Mall • Santa Monica: Santa Monica Place • Torrance: Del Amo Fashion Center • Westminster: Westminster Mall
San Diego Pendleton, San Diego: Fashion Valley
San Francisco Pendleton, San Francisco
San Gabriel Valley Pendleton, San Marino
Santa Barbara Pendleton, Santa Barbara
South Bay Pendleton, Torrance: Town & Country Center
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Walnut Creek Pendleton, Walnut Creek: Broadway Plaza
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Colorado Classics, Boulder • Breckenridge • Fort Collins
Colorado Springs Pendleton, Colorado Springs
Joslin's, Denver
May D & F, Denver

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Treasure Valley Pendleton, Boise: Boise Town Square

MONTANA
Hennessy's, Billings: Rimrock Mall • Helena: Capitol Hill Shopping Center • Missoula: Southgate Mall

NEVADA
Bullock's, Las Vegas: Fashion Show Mall

NEW MEXICO
Dillard's Southwest
May D & F, Albuquerque
Santa Fe Pendleton, Sante Fe: On The Plaza

OREGON
Eva-Lee, Brookings
Made in Oregon, Portland: Washington Square
Meier & Frank, Medford: Rogue Valley • Portland: Clackamas Town Center, Lloyd Center, Washington Square • Salem: Downtown
The Portland Pendleton Shop, Portland
Reed & Cross, Eugene

UTAH
The Wasatch Pendleton Shop, Salt Lake City: Cottonwood Mall
Weinstock's, Salt Lake City: Crossroads Mall
ZCMI, Logan: Cache Valley Mall • Ogden: ZCMI Center • Salt Lake City: Cottonwood Mall, Downtown

WASHINGTON
Bellevue Pendleton, Bellevue
Country Classics, Leavenworth
Frederick & Nelson, Everett: Everett Mall • Olympia: Capitol Mall • Seattle: Aurora Village, Downtown, Southcenter • Spokane: Downtown, Northtown • Tacoma: Lakewood, Tacoma Mall
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Kodak

Oregano for looks

Well-mannered pampas grass

Shady-area ground covers

Irrigating drought-stressed native oaks

Sunset's GARDEN GUIDE

Insecticidal soap recalled by maker

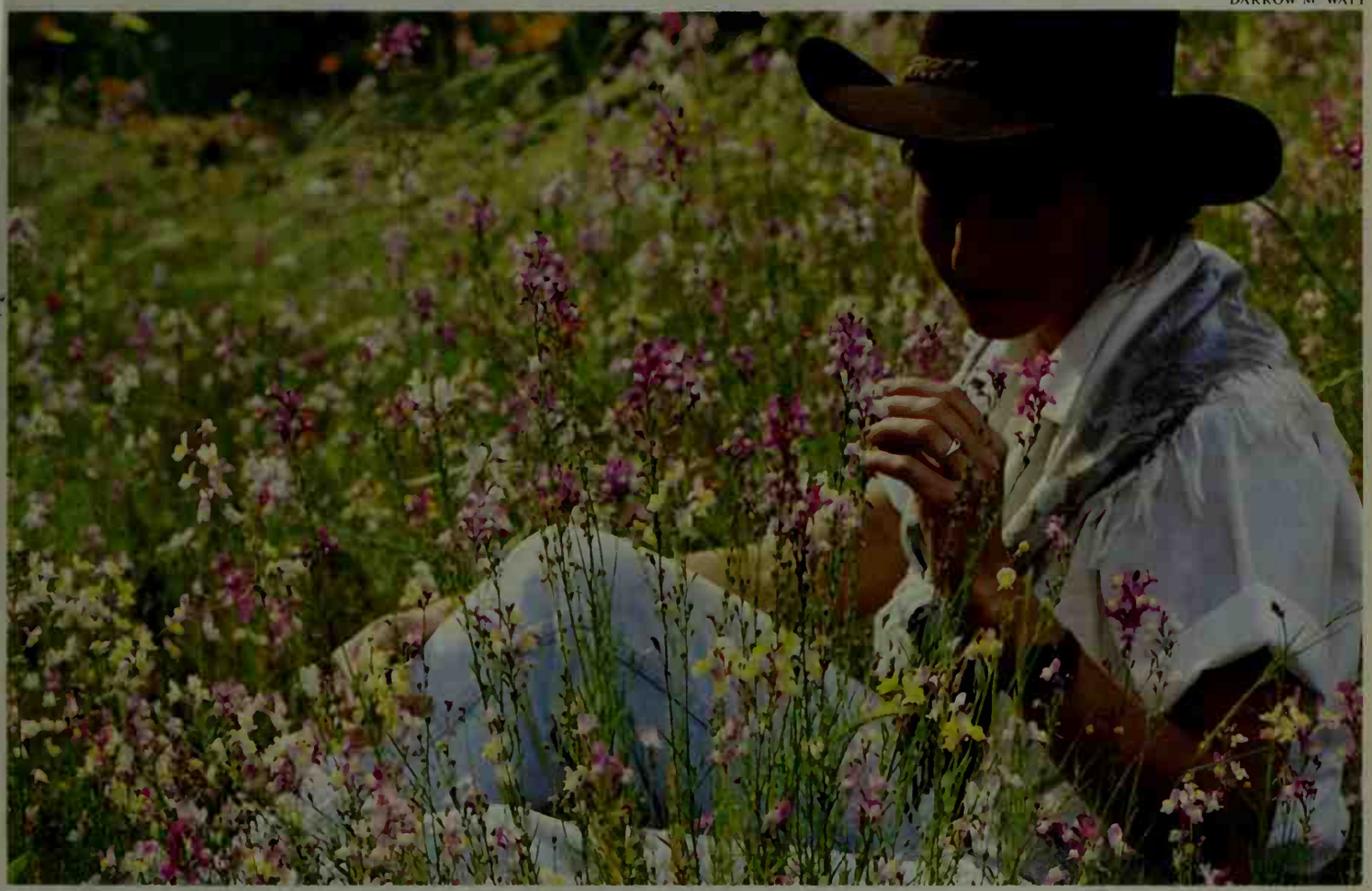
Soil polymers for new trees

A stick to gauge bulb-planting depth

Shakespeare garden

October check list

DARROW M. WATT



October in your garden

FALL-SOWN *linaria graces spring meadow with cheery color. Sow now in a sunny spot; keep moist, then water less next spring.*

GARDEN OPPORTUNITIES ABOUND THIS MONTH. IN NORTHERN California's low elevations, it's time to get gardens back in shape after last winter's severe freeze and five years of drought, and to plant for a more water-efficient future. Fall is the best time of year to set out hardy shrubs, trees, and perennials and to sow seeds of spring-blooming annuals, such as the toadflax (linaria) pictured above. In cold-winter climates of California, Nevada, Utah, and Colorado, clean up garden debris and protect plants for winter.

Central West

GARDEN GUIDE

CLAIRE CURRAN

RED-VIOLET CLOUD *of Origanum laevigatum 'Hopley's' flowers masks foliage of this unthirsty perennial during summer.*

An oregano just for looks

Hardly discovered by even the most serious perennial gardeners, red-violet *Origanum laevigatum* 'Hopley's' (shown at right) is a real gem. Unlike the culinary herb, this oregano is grown for its good looks. It produces a profusion of purple flowers from midsummer to fall, needing very little water.

The dense, compact perennial grows 18 to 24 inches tall and spreads 3 feet or more. It dies back in winter, so combine it with evergreen plants like *Artemisia* 'Powis Castle', lavender, or santolina.

Plant in well-drained soil with full sun. Once it's established, water it monthly in mild climates, every few weeks in hot-summer areas. Remove flowers as they fade. You can divide the plant in early spring before it is actively growing.

Meet a well-mannered pampas grass

Dramatic flower plumes rising from an 8- to 20-foot-tall clump of leaves make pampas grass (*Cortaderia selloana*) an imposing sight. It's also very adaptable, tolerating heat, wind, fog, and poor soil. It grows so well, it's often considered a pest.

Enter *C.s.* 'Sun Stripe', a natural hybrid. It retains all of the toughness of its full-size predecessor, but with these advantages:

More color. Silver-green leaves have bright yellow stripes down their centers.

Smaller size. Full height is 5 feet.

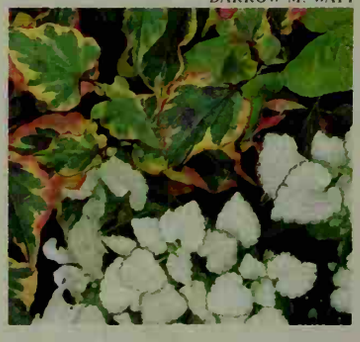
Noninvasive. The decorative, fluffy flower plumes produce no fertile seeds.

'Sun Stripe' looks best when situated so afternoon sun backlights plants. Water just enough to get it established. A 5-gallon plant costs about $30.

Two ground covers for shady areas

For foliage color in the shade, try silver-white *Lamium maculatum* 'White Nancy' and yellow, pink, and green *Houttuynia cordata* 'Variegata'. Both grow about 6 inches tall and provide a quick ground cover.

DARROW M. WATT



FOR DARK SPOTS, *try shade-loving Lamium maculatum 'White Nancy' and Houttuynia cordata 'Variegata'.*

Lamium also makes an attractive hanging-basket plant. It grows best in rich, humusy soil. Plants are hardy, but lose their leaves below 15°. Shear in spring to rejuvenate.

Since *Houttuynia* spreads by underground rhizomes, it's best grown in a confined bed or container. Although it thrives on moisture, it's less aggressive with moderate water. Plants die down in winter.

Buy plants at nurseries specializing in perennials or from Foothills Cottage Gardens, 13925 Sontag Rd., Grass Valley, Calif. 95945 (catalog $2). Small plants cost $3.

Irrigate drought-stressed native oaks

After five years of drought and a rainless summer, native oak trees may be showing signs of stress.

The first sign of drought stress is inner foliage turning yellow and dropping off the tree; normally, the newest foliage is maintained. Other symptoms may be borer infestation, shortened growth shoots, and smaller-than-normal leaves.

If your oak is suffering from drought, deep-water infrequently during the time of root growth in fall, late spring, or early summer (watering during hot summer days will encourage disease fungus). Wet the entire root zone, using ooze tubing or soaker hoses. If you're unsure about the condition of a tree, consult an arborist.

Insecticidal soap recalled by maker

Insecticidal soap, used to control many kinds of insect pests on garden plants, is normally a nontoxic product. Recently, Ortho Consumer Products introduced a new line of low-toxicity products called Orthoganics, which includes an insecticidal soap. This product is now being recalled by the manufacturer.

Ortho discovered that lot numbers I20701 and I23650 were contaminated during manufacture with oxyfluorfen—a systemic herbicide used to kill weeds and grass. When the product was sprayed on plants, the herbicide burned the leaves.

Even though only two lots were contaminated, Ortho is recalling all Orthoganic Insecticidal Soap. The company says there is negligible health risk to humans, but it advises against eating fruits and vegetables that have been treated. To avoid wasting water, tear out all edible annual plants that were sprayed (next year's production from permanent crops will be unaffected).

If you have a bottle on your shelf, call (510) 842-2334, collect, between 8 and 4 weekdays to arrange for the return of the product and to

All around me the debate raged on. "It's because it has more front-seat leg room than a Mercedes 300," Willy said. But Steve, while not disagreeing, said, "What makes it a great car is the fuel efficiency." However, Paula had her own ideas. "It's the low price of entry that is so remarkable." Me, I kept my thoughts to myself. I knew they all were right. Only they had forgotten to mention the pure pleasure of driving a Suzuki Swift.® Responsive acceleration. Nimble handling. The chorus of voices continued. Finally, I stopped the discussion when I said, "We're here." Suddenly, everyone's joy turned to disappointment. Until I added, "We can talk about it tomorrow on the way to work. I'll drive my Swift again."

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Soil polymers give new trees a boost

According to manufacturers, these nontoxic crystals, capable of absorbing hundreds of times their weight in water, provide plant roots with moisture that would otherwise drain away. Some researchers say this is yet to be proven; however, testimonials by individuals who have used certain polymers continue to indicate favorable results.

Two recent projects tested the usefulness of polymers when planting trees. In Bakersfield, an almond grower was losing 30 percent of his seedlings during their first year. He decided to try polymers (Broadleaf P4). As a control, 100 seedling trees were planted without polymers; 1,500 had polymers mixed into the planting hole. In the control group, the survival rate was 78 percent. With polymers, the survival rate climbed to over 95 percent. Trees also achieved better growth.

In an oak reforestation project at Stanford University conducted by Magic, Inc., the survival rate of acorns planted in standard aluminum cages with cardboard collars (for rodent protection) averaged a discouraging 50 percent. To improve this rate, soil polymers were mixed into the planting hole. Also, stronger cages were used to provide better protection against rodents. Survival jumped to 95 to 100 percent.

Although Magic, Inc., didn't have a control group for comparison, it attributes at least some of its success to polymers. When some of the oak seedlings were thinned, moist polymers were consistently found still attached to the seedlings' roots.

K. BRYAN SW

ELEGANT WROUGHT-IRON ARCH *welcomes visitors to the newly renovated Shakespeare Garden in Golden Gate Park. Gate was designed by Eric Clausen of Berkeley.*

A stick to gauge bulb-planting depth

To help you determine the appropriate depths to set fall-planted bulbs, you can make a simple planting stick in less than an hour.

Start with a scrap of hardwood (oak, birch) or softwood (pine, fir) about 14 inches long and 3 inches wide. Wood molding also works.

DARROW M. WATT

HOMEMADE *wooden planting stick indicates how deep to set bulbs in ground.*

Measuring from the bottom, cut notches at 1-inch intervals with a craft saw. Sand all surfaces smooth. Stain the wood if you like, or leave it natural.

Use a wood-burning tool to make numbers next to the notches, as shown below; or use a permanent marking pen for both the numbers and the names of the bulbs (apply after staining).

Position names at the appropriate planting depth. Score marks indicate the range of acceptable planting depths (for instance, anemone and ranunculus can be planted 1 to 2 inches deep).

Shakespeare Garden has a new look

The Shakespeare Garden in Golden Gate Park, opened in 1928, was conceived as a collection of many plants named in the author's writings. But in recent years, the garden had lost much of its splendor. Thanks to the efforts of Friends of Recreation and Parks and funds raised by the San Francisco Landscape Garden Show, it has undergone an impressive transformation.

Landscape architect Bonnie Ng of the San Francisco Department of Works formalized the entry and redefined the gathering spaces and planting beds. A new wrought-iron gate marks the entrance, and a new brick path leads through rows of flowering crabapples planted in formal beds designed in an English bow-tie configuration.

Flower borders contain mostly modern varieties of plants Shakespeare referred to, including David Austin (English) roses, English lavender, heaths, and thyme.

The garden is near the Academy of Sciences, at the intersection of King Drive and Middle Drive E.

Reconnect the root irrigator

We're sorry to say that we incorrectly connected the red root irrigator shown at left in the photograph on page 91 of the August issue. The right way is to install the fertilizer cartridge *after* the pistol-grip handle. Be sure to follow the directions that come with the product.

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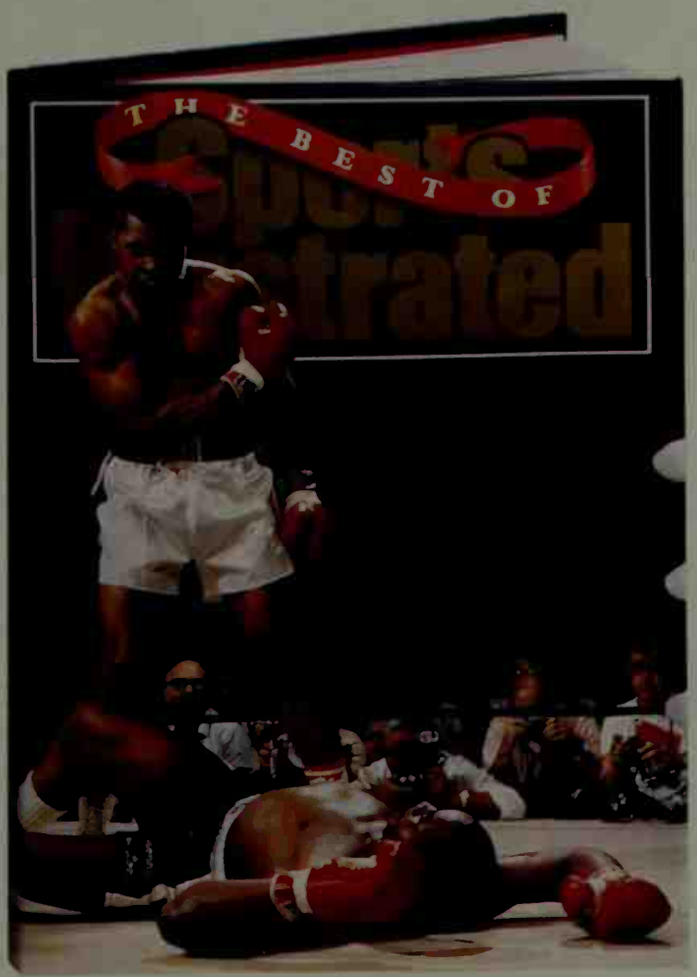

Larsen was perfect. When Joe went "Broadway." When Jimmy and Chrissie ruled the courts. When Air Jordan first flew into orbit. And when a dynasty started in San Francisco.

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Central West GARDEN GUIDE

IN HIGH ELEVATIONS of California, and east of the Sierra, October is wind-down month for gardeners. For chores, see items marked with a ★.

IN LOW ELEVATIONS of northern California, October is the year's best planting month. For chores, see items marked with a ●.

October Check List

HERE IS WHAT NEEDS DOING

☐ **CARE FOR LAWNS.** If your lawn succumbed to drought, it's probably not wise to replant now. Until we know how much rain this winter will supply, there's no guarantee there will be enough water to keep a lawn alive next year. But to spruce up the area, scrape off dead grass and cover with a mulch. In areas with plenty of water, this is the month to fertilize cool-season grasses (bluegrass, tall fescue, perennial rye). ●

☐ **CLEAN UP.** To limit sites that could shelter insects or disease, pull weeds, spent annuals, and vegetables. Pick up any fruit left on the ground. ★●

☐ **COMPOST.** As you clean up the garden, add disease-free plant debris and leaves to the compost pile; keep the pile moist but not soggy. Add a small amount of nitrogen fertilizer to speed decay. ★●

☐ **CONTROL SNAILS AND SLUGS.** Cool, damp fall weather brings on a full attack. After dark, use a flashlight to search plants in the ground and in containers. Hand-pick and crush or discard in a closed container. If they're too numerous for hand-picking, try a liquid or dry bait. ●

☐ **DIG OR MULCH CORMS AND TUBERS.** After foliage dies, you may want to dig tuberous begonias, dahlias, and gladiolus for winter storage; if you leave them in the ground, they may rot (especially in poorly drained soil) or, in cold climates, freeze. Remove foliage, shake off soil, and store in a cool, dry place. If you keep plants in the ground where freezing temperatures are possible, mulch with a 6-inch layer of organic matter. ★●

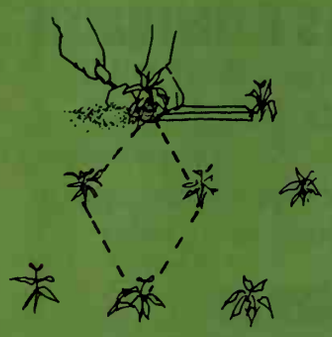
☐ **DIVIDE PERENNIALS.** If you noticed that blooms on perennials (such as asters, bellflowers, callas, daisies, daylilies, helianthus, heliopsis, rudbeckia, and yarrow) were smaller this year, and if plants are weak and crowded, it's time to divide. Dig each clump so the rootball comes up intact. Wash or gently shake off excess soil so you can cut off divisions, using a sharp knife (see sketch at left). Each division should have some leaves and plenty of roots. Plant immediately. ●

☐ **MARK BULBS, SEEDED AREAS, HERBACEOUS PLANTS.** When you plant any nonwoody plant this time of year, mark its position with a weatherproof tag or on a map of your garden. Otherwise, you may cut into it or dig it up as you're planting new things in spring. ★●

☐ **MULCH FOR WINTER.** After a freeze, spread 2 to 3 inches of compost, straw, or other organic matter to protect bulbs, perennial vegetables, permanent plants, and strawberry beds. Mulch conserves soil moisture and helps minimize freezing and thawing of soil, which can heave plants out of the ground. If exposed, plants can dry out and die. ★

☐ **PLANT BULBS FOR SPRING BLOOM.** Select bulbs as soon as possible, while there's a good selection and stock is healthy. Choices include allium, anemone, crocus, daffodil, Dutch iris, freesia, hyacinth, muscari, ranunculus, scilla, and tulip. Lesser-known bulbs from Mediterranean climates are babiana, ixia, sparaxis, tritonia, and watsonia. These multiply and come back in greater profusion each year. ●

☐ **PLANT GROUND COVERS.** Some that need only minimal water are coyote brush, gazania, junipers, rosemary, santolina, and snow-in-summer. For the fastest coverage, put plants in offset rows (four form a diamond, as shown in the sketch below). To check spacing for specific plants, see listings in the *Sunset Western Garden Book*. ●

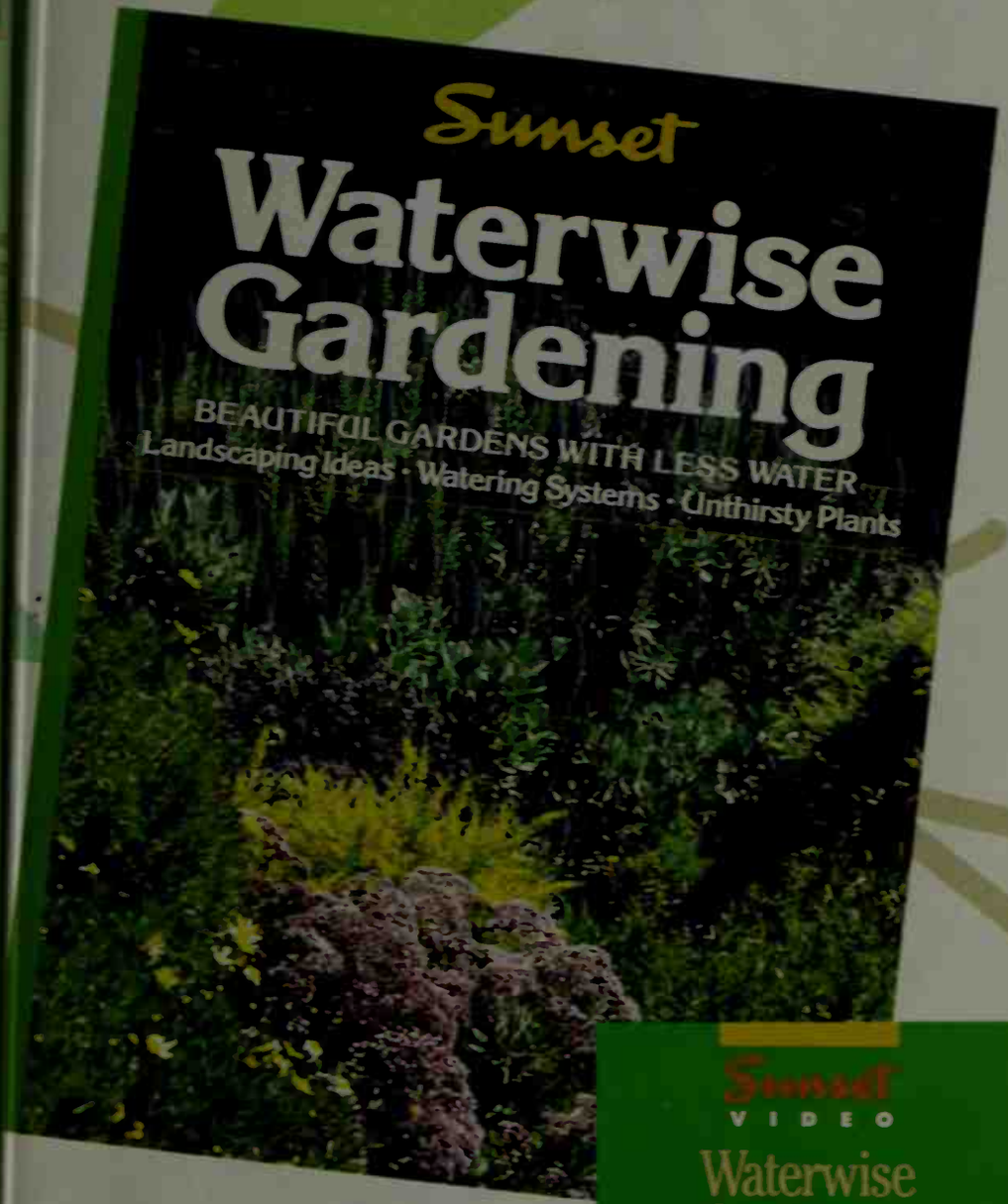


☐ **PLANT SHRUBS.** For color with minimal water, try *Anisodontea hypomandarum,* blue hibiscus, Cape plumbago, ceanothus, feathery cassia, rockrose, and plumbago. Score each rootball to loosen roots. Dig each planting hole no deeper than the rootball, but at least twice as wide (see the sketch below). Half-fill the hole with soil, tamp with the shovel handle, and soak well. Fill the hole with soil and tamp with your foot. Soak the soil thoroughly. ●

☐ **SOW WILDFLOWERS.** Fall is the best time to sow wildflowers for spring bloom. Choose an area free of weeds and weed seeds or they'll overrun the wildflowers (in mild climates, you still have time to pregerminate them: water so weeds will come up, then hoe or spray with a contact herbicide). In cold climates, broadcast seed early in the month. In areas where winters are cold but snow cover is minimal, sow seed in spring. ★●

☐ **WAIT TO PRUNE.** Fall is not a good time to prune. Wounds heal slowly, leaving them more prone to disease-bearing organisms. As a general rule, don't prune when leaves are falling or forming. Wait to prune most trees until late in the dormant season or in late spring after leaves and needles have formed. To avoid sap flow on birches and maples, prune immediately after leaves mature. ★●

Less water need not mean less garden . . .



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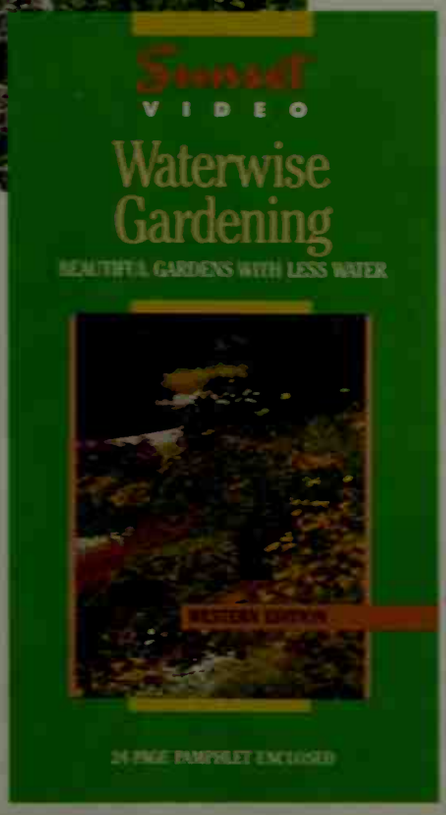

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CLAIRE CURRAN

SPRINGTIME SHOW OF NATIVE PLANTS
California poppies and purple-spiked bush lupine brighten garden in spring. Now is the time to plant.

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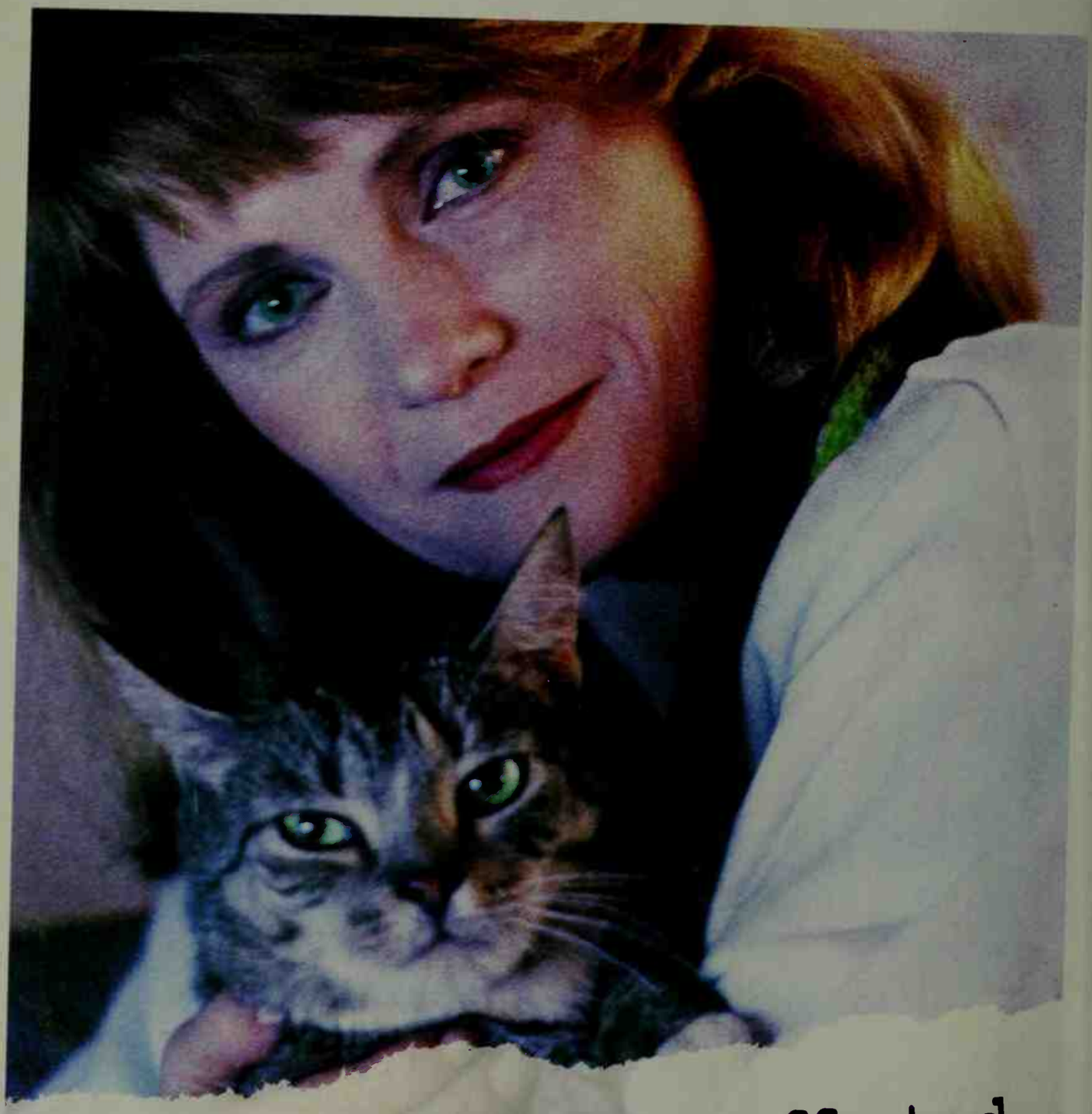

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This finely tuned garden is the result of thoughtful plant choices and horticultural experience over a 12-year period. The lessons it offers can help you select native plants to set out this fall, during prime planting time.

A FOUR-SEASON PALETTE OF PLANTS

A rich diversity of flowering plants mingles with greenery in varied shades and forms to give the garden year-round appeal. Spring's almost frenetic color is produced by a large assortment of flowering shrubs, perennials, and trees.

Among the shrubs, California lilacs (*Ceanothus*), with white, blue, and lavender flowers, are very eye-catching. Mr. Worthington rates this the most useful native genus for its range of size and form. Silver bush lupine (*Lupinus albifrons*), with dramatic purple flower spikes (see page 69), is also striking in spring.

Colorful nonwoody perennials are orange California poppies (*Eschscholzia californica*), blue and purple Douglas iris (*I. douglasiana*), and pink coral bells (*Heuchera* hybrids).

SAUCER-LIKE BLOOMS *cover tree-shaped evergreen flannel bush in spring; fuzzy seed capsules soon follow.*

CLAIRE CURRAN

Yellow-flowered flannel bush (*Fremontodendron californicum*) is trained as a small tree (shown below). This completely drought-resistant plant requires excellent drainage.

In early summer, Matilija poppies (*Romneya coulteri*) bear spectacular 9-inch-wide, yellow-centered white flowers on stems towering to 8 feet. Later, pink and white buckwheats (*Eriogonum* species), red California fuchsia (*Zauschneria californica*), blue penstemon (*P. heterophyllus*), red Western columbine (*Aquilegia formosa*), indigo-colored woolly blue curls (*Trichostema lanatum*), and yellow yarrow (*Eriophyllum confertiflorum*) reach their peak bloom.

Late summer and early fall are naturally restful seasons in the native garden. Though some flowers linger, foliage texture and color offer the most interest then.

Two of Mr. Worthington's favorite evergreen shrubs, lemonade berry (*Rhus integrifolia*) and sugar bush (*R. ovata*), contrast with the wispy silver foliage of aromatic shrubby sagebrush (*Artemisia*) and sage (*Salvia*).

These *Rhus* tolerate a broader range of garden conditions than many native plants. They are useful in erosion control and can be trimmed to a dense, formal hedge. Lemonade berry is native to coastal regions of Southern California and Baja and does best on the coast. Sugar bush, native to dry inland slopes, will grow on the coast (away from salt spray and sea winds) and can substitute for lemonade berry inland; it's very tolerant of heat and drought.

Though not as tough or long-lived as the *Rhus*, sagebrushes and sages contribute color and fragrance characteristic of the area. Soft-textured coastal sagebrush (*Artemisia californica*) is a top performer, with gray-green foliage that reaches a height of 4 feet and spreads 2 to 3 feet wide.

Two prized woody sages used here are erect-growing black sage (*Salvia mellifera*), with dark green leaves, and mounding Cleveland sage (*S. clevelandii*), with ash-gray leaves and blue flowers.

Low-mounding evergreen coyote brush (*Baccharis pilularis* 'Twin Peaks'), with ½-inch leaves, is a dependable ground cover that sets off the sages in the foliage tapestry. Pruning every few years maintains shape and vigor.

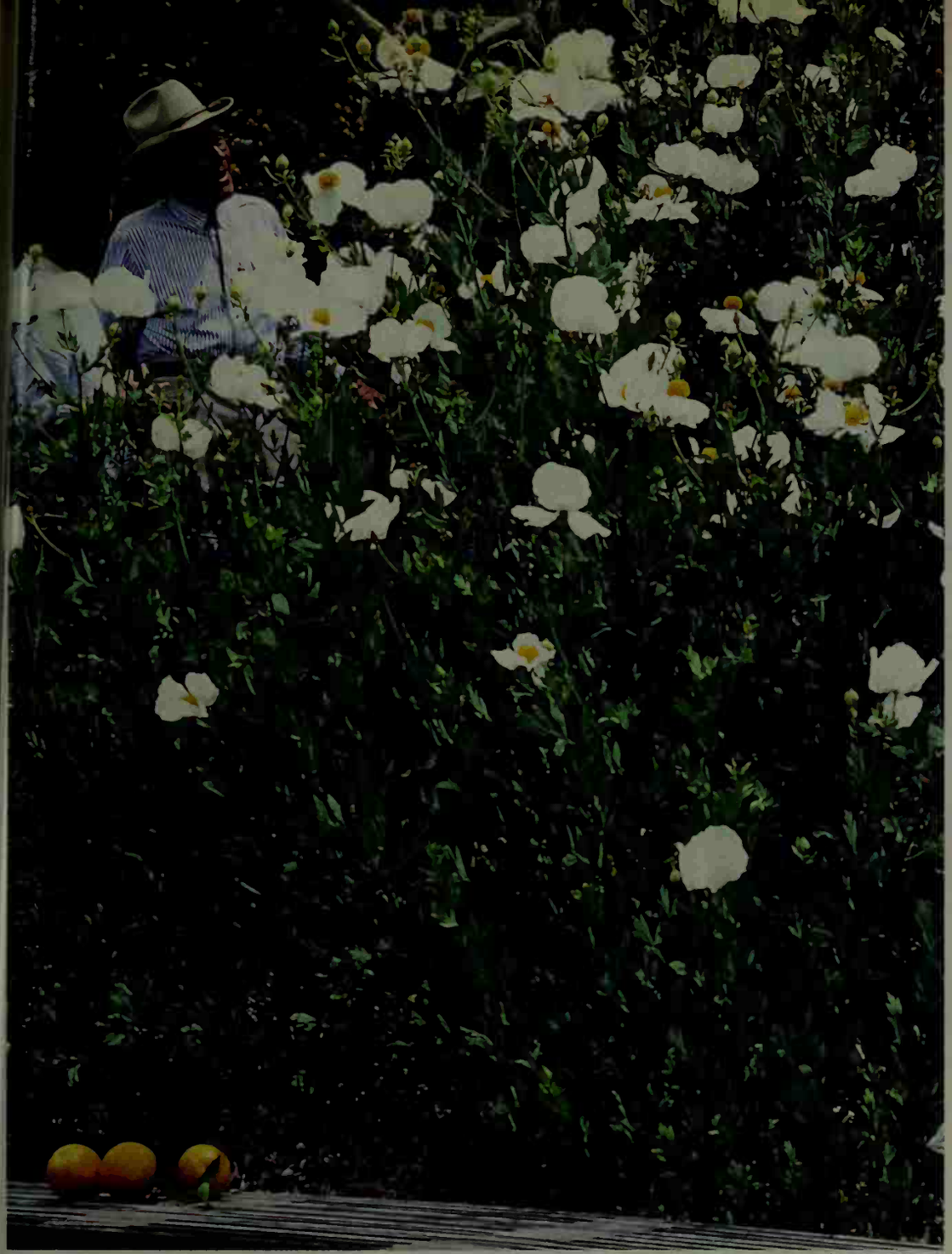
Late fall and winter rains rejuvenate the landscape. The usually subtle patterns and colors of tree bark are accentuated in the season's low light. Manzanita (*Arctostaphylos*) has graceful branches with smooth, red to purple bark; its bell-shaped white flowers appear in winter. Other plants with decorative bark include sycamore (*Platanus racemosa*), Catalina ironwood (*Lyonothamnus floribundus asplenifolius*), and redtwig dogwood (*Cornus stolonifera*).

GARDENING WITH NATIVE PLANTS

Because even native plants evolved in a wide range of habitats, their cultural needs are diverse. Much of California has long, dry summers, so many natives now in cultivation can handle summer drought once established—but don't make assumptions. Check reference books or ask nursery personnel for the needs of individual plants.

Some native plants (lemonade berry, for example), though adapted to drought, will flourish with supplemental irrigation. Others, however, such as California lilac and flannel bush, are not likely to tolerate extra water—especially in summer.

Best planting time is fall,



CLAIRE CURRAN

TALL, TENACIOUS *perennial Matilija poppy produces showy, fragrant blooms in early summer. Cut back after flowering.*

TINY DAISIES *cluster atop 2-foot stems of golden yarrow.*

when plants naturally receive moisture for growth. Plant in soft, loose soil free of rocks and clods. Do not amend; even in poor soil, most natives can get enough nutrients.

Native plants need regular water while they are becoming established (but plant in a site with good drainage because soggy soil can encourage disease). After two months, water less often but deeply to encourage deep root growth. Don't water during the hot part of the day, especially in summer. Keep water off the trunks of sensitive trees and shrubs.

Mulch plants to conserve water, keep roots cool, and discourage weeds.

FINDING PLANTS AND PLANT ADVICE

Following, we list nurseries in California that specialize in native plants. Also check those well-stocked with Mediterranean and water-conserving plants.

See page 88 for plant sales scheduled this month; ask a California Native Plant Society chapter about sales at other times.

Growing Natives, a bimonthly newsletter, discusses individual plants, sources, and design strategies. Send $30 to Box 489, Berkeley 94701.

California Flora Nursery, Somers and D streets, Fulton; (707) 528-8813. Open 9 to 5 weekdays, 10 to 4 Saturdays.

Las Pilitas Nursery, Santa Margarita. For directions, call (805) 438-5992. Open 9 to 5 Saturdays.

Mockingbird Nurseries, 1670 Jackson Street, Riverside; (714) 780-3571. By appointment only.

Mostly Natives Nursery, 27215 State 1, Tomales; (707) 878-2009. Open 9 to 4 Wednesdays through Saturdays, noon to 5 Sundays.

Santa Barbara Botanic Garden, 1212 Mission Canyon Road, Santa Barbara; (805) 682-4726. Open 10 to 3 Tuesdays, Thursdays, Fridays, and Saturdays, 11 to 3 Sundays.

Theodore Payne Foundation, 10459 Tuxford Street, Sun Valley; (818) 768-1802. Call for hours.

Tree of Life, 33201 Ortega Highway, San Juan Capistrano; (714) 728-0685. Open 8 to 4 Fridays.

Wapumne Native Plant Nursery Co., 3807 Mount Pleasant Road, Lincoln; (916) 645-9737. By appointment.

Weber Nursery, 237 Seeman Drive, Encinitas; (619) 753-1661. Open 8 to 4 Tuesdays through Fridays.

Wildwood Nursery, 3975 Emerald Avenue, La Verne; (714) 593-4093. Open 9 to 5 daily except Sundays.

Yerba Buena, Woodside. For directions, call (415) 851-1668. Open 9 to 5 daily. ■

DARROW M. WATT

CHOICE SYCAMORE *has sturdy, straight trunk and well-spaced branches—unlike its companions.*

Which tree is the best buy?

Not always the biggest. Here is what to look for

LIKE AN INVESTMENT for the future, a tree should be chosen with care. Following some simple guidelines can help you select a healthy young tree that will reward you with vigorous development as its grows.

GOOD STRUCTURE MEANS FUTURE STRENGTH

Branches should be well distributed, spaced 6 to 8 inches apart along the trunk. Avoid any overly dense plants with several branches growing within an inch or two of one another (as at right in the picture above).

Trees do have distinct forms as they mature: honey locust, silk tree, and Bailey's acacia, for example, sprawl and become umbrella-like with age. But a young tree, regardless of its mature form, should have one main vertical trunk (like the center tree in the photo). Competing branches weaken the tree's structure, making it prone to breakage during storms.

It's easy to find liquidambar and tulip trees with strong trunks. It's harder to find others, such as Chinese pistache. When you buy a larger tree (one in a 15-gallon container or a box), good structure should be a top priority: without it, corrective pruning becomes amputation.

CIRCLING ROOTS *and potbound condition make for stunted growth. Avoid such plants.*

LOOK FOR MORE THAN JUST HEIGHT

Everyone seems to want the biggest tree available for the money. But a tall tree grown too fast and staked too long can prove spindly, likely to waver if unsupported. (The left tree in the big picture bends to one side because its trunk is thin and rubbery.)

As you inspect nursery stock, check the diameter of the trunks: the larger the diameter, the sturdier the tree. The trunk should taper upward from a thick base. Also check trunks for wounds and cankers (old, poorly healed wounds). Superficial scrapes are OK, but deep wounds—especially near branch crotches or the soil line—weaken the structure and make it disease-prone.

THOUGH HIDDEN, ROOTS ARE IMPORTANT

A tree that looks large for its pot size might seem like a real deal. But beware: it could be potbound, with its roots entwined in a matted circle inside the container, and unlikely to grow well when transplanted.

It's not always feasible to knock a tree out of its can to check root development. But you have other clues. Is the plant unusually large in relation to others in same-size containers? Do its roots extend through the pot's drainage hole? Are many massed on the soil's surface? Circling roots (shown at left), more common among liquidambars, sycamores, and tupelos, can choke a tree and stunt its growth. Both potbound plants and those with circling roots can fail to root well when planted—leaving you with feeble trees that fall easily. ■

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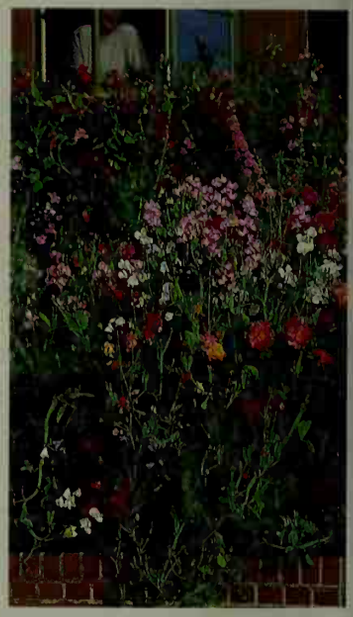

CLIMBING ROSES *(red-orange 'Joseph's Coat', yellow 'Climbing Peace', and pink 'Queen Elizabeth' and 'First Prize') edge narrow streetside border. Above, 'Joseph's Coat' mingles with sweet peas in a tangled cascade.*

Dazzling border in tight space

It's made up of two planting beds on different levels

IN SPRING, BOB AND Joan Morrill's front garden near Three Arch Bay, California, is edged with a traffic-stopping tapestry of dazzling blooms. From the street, it appears as a wide, gently sloping border. But in reality, the border is made up of two 1½-foot-wide planting beds on two different levels, with a broken-concrete retaining wall between them.

To pack a lot of bloom into this awkward space, Laguna Beach designer Scott Wright offers these guidelines:

Start with perennials and shrubs. Climbing roses are trained along the lower-level fence. Trailing rosemary, ivy geraniums, and dusty miller form the backbone on the top tier and help conceal the retaining wall.

Amend the soil; plant close. Before filling in with other plants in fall, Wright works in chicken manure and packaged planting mix to a depth of 1½ feet. He plants most of the annuals 4 inches apart, from pony packs.

Plant "peaks and valleys." Wright arranges tall-flowered plants such as the blue and white larkspurs in clusters of three or four, with bulbs (ranunculus, Dutch iris) and low annuals between.

Encourage plants to drape. Sweet peas in the upper bed drape over the lower fence, "scramble every which way."

Fill in with self-sowers. "I like plants that take care of themselves," Wright says. Plants such as Johnny-jump-up and sweet alyssum reseed readily. ■

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Bulbs in pots for surefire springtime magic

Now is planting time. Here are three ways to go

GLENN CHRISTIANSEN

BULBS AND ANNUALS: *'Tahiti' daffodils, Johnny-jump-ups, and nemesia bloom in front pot; behind are 'Ideal' irises, sweet alyssum, and 'Blue Azure' pansies. Design: Dave Sollway.*

NORMAN A. PLATE

ORCHESTRATED FOR COLOR. *purple and orange tulips in separate pots set off lower-growing 'Jolly Joker' pansies.*

SPECTACULAR IN bloom, spring bulbs in containers can put on a radiant color show; here we show three ways to use them for striking effects. In the mild- to moderate-winter West, now's the time to plant (chill tulips for six weeks in the refrigerator first). In very cold areas, plant hardy bulbs now, but protect pots and soil from freezing.

BULBS WITH ANNUALS: COLORFUL MIX-UPS

Cheerful-looking annuals and bulbs fill the two pots at upper right. The annuals bloom before and after bulbs flower, extending the show.

Fill a 12- to 18-inch pot two-thirds full with loose, fast-draining potting soil; mix in a complete granular fertilizer. Plant bulbs in the center or space them 2 to 3 inches apart, depending on the look you want (your nursery can recommend choices for your climate). Cover with soil so tips are just below the soil surface; tamp to firm. Plant annuals over bulbs, spacing them so bulbs can grow up between them (in very cold areas, wait until bulb foliage emerges in spring).

COLOR COMPLEMENTS IN BOLD STROKES

On a patio at *Sunset's* headquarters, shown at lower right, pots stuffed with bulbs put on an eye-catching show in spring. For visual impact, we plant bulbs separately by color, then combine pots of complementary colors. Potted annuals (here, the pansies) serve as accents.

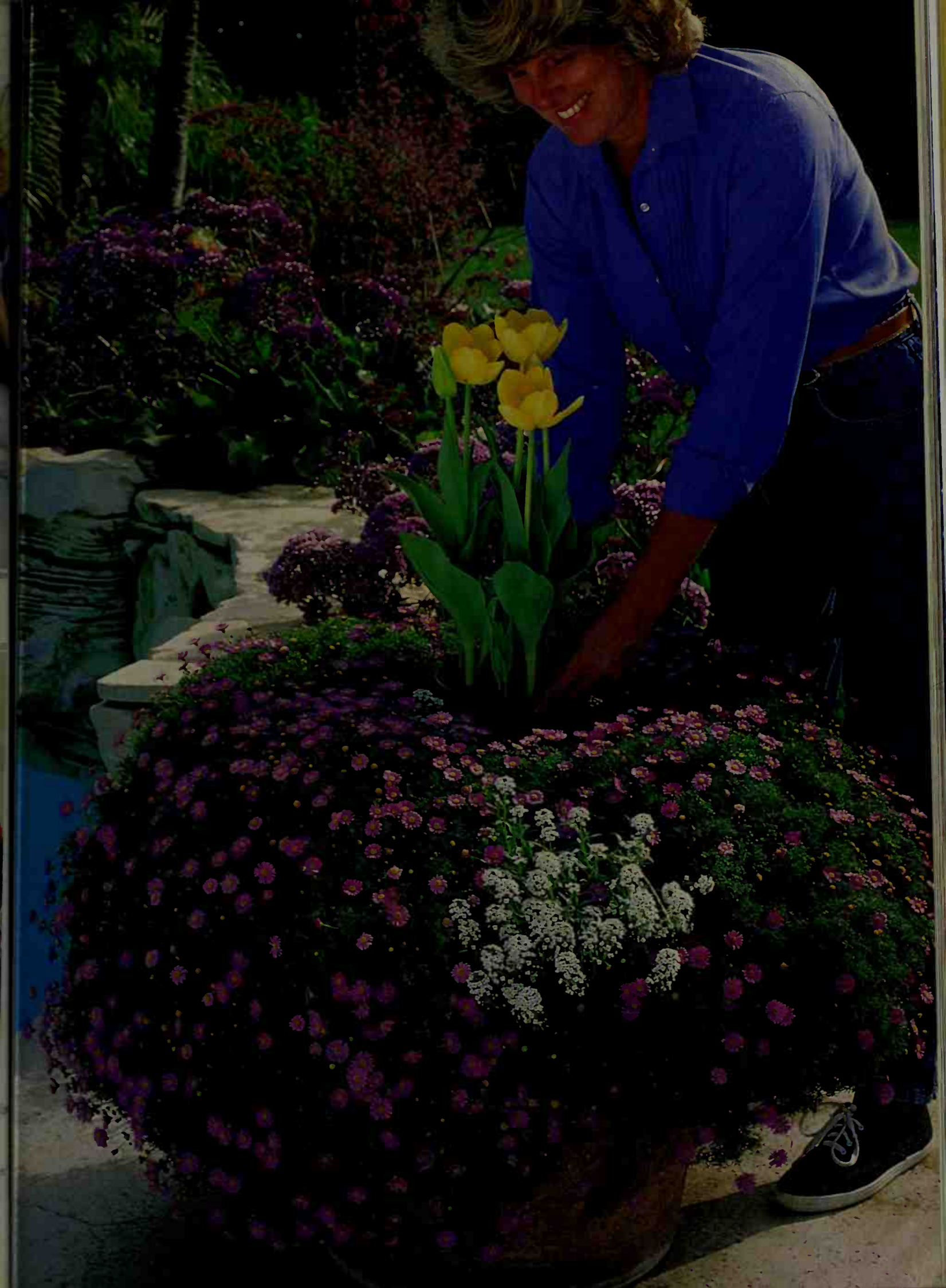
Plant bulbs so they barely touch one another in a large (18-inch-diameter) pot nearly filled with potting soil (mix in granular fertilizer first). Cover with a thin layer of soil to 1 inch below rim; mulch surface. Set in cool shade. If winter rains are scanty, water to keep soil moist.

BULB DROP-INS FOR A DRESSY LOOK

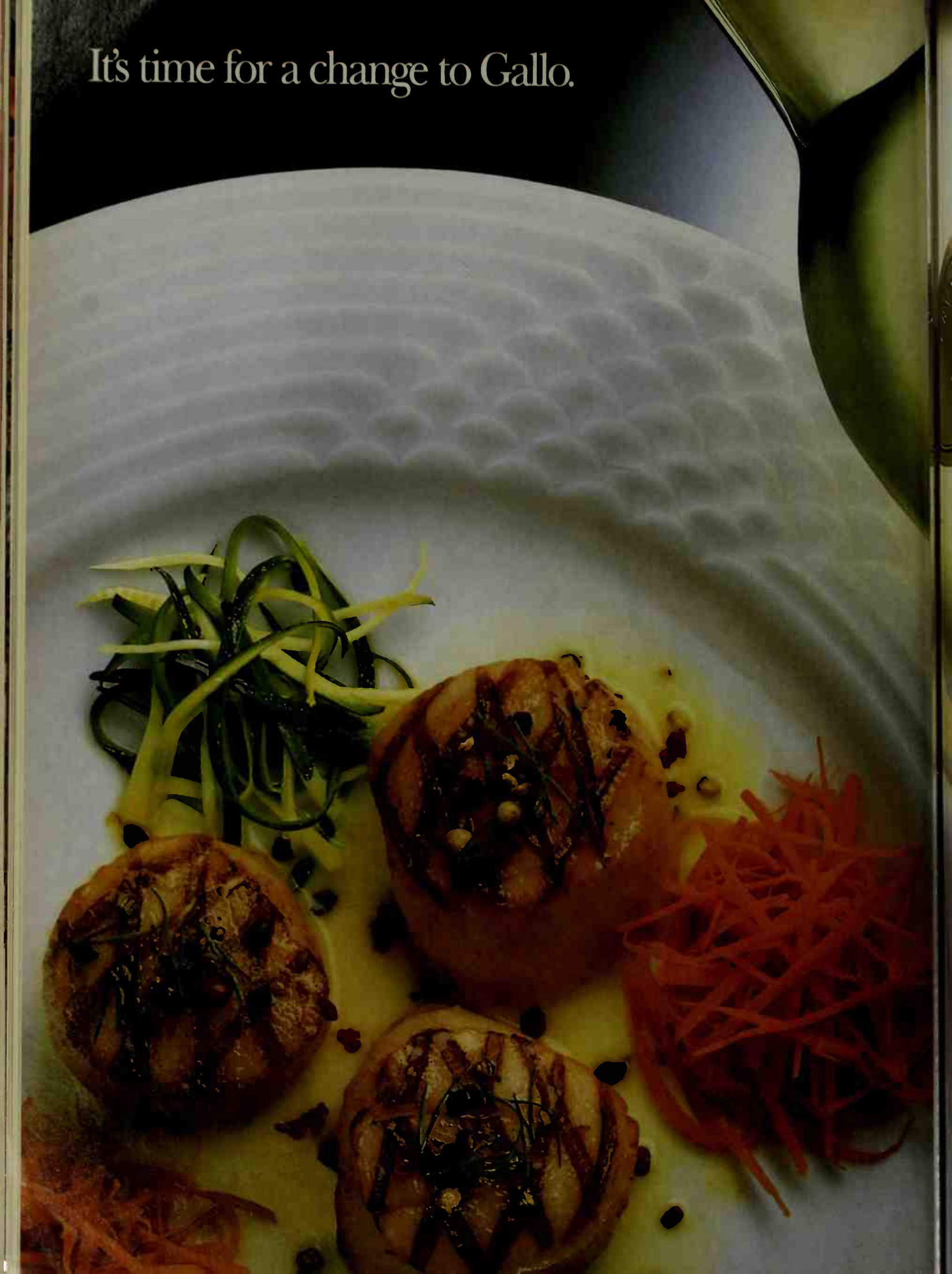
For extra punch, Suanne and Larry Casey add a pot of tulips to the big container of brachycome in their poolside garden in Fullerton, California (shown on opposite page). The brachycome was planted from eight 4-inch pots spaced 2 inches apart around the perimeter of an 18-inch-diameter pot. It grows in mounds, easily concealing a 6-inch plastic pot of bulbs.

Plant bulbs in 6-inch pots so they're almost touching (tips about 1 inch below the rim). Cover with soil. Water, mulch, and set in a cool, shady area; keep moist. Move them to center stage when buds color. ■

DROP-IN POT *of golden tulips nestles in center of larger container filled with billowing mounds of brachycome. Garden design: Nick Sutcliffe of English Gardens, Newport Beach.*

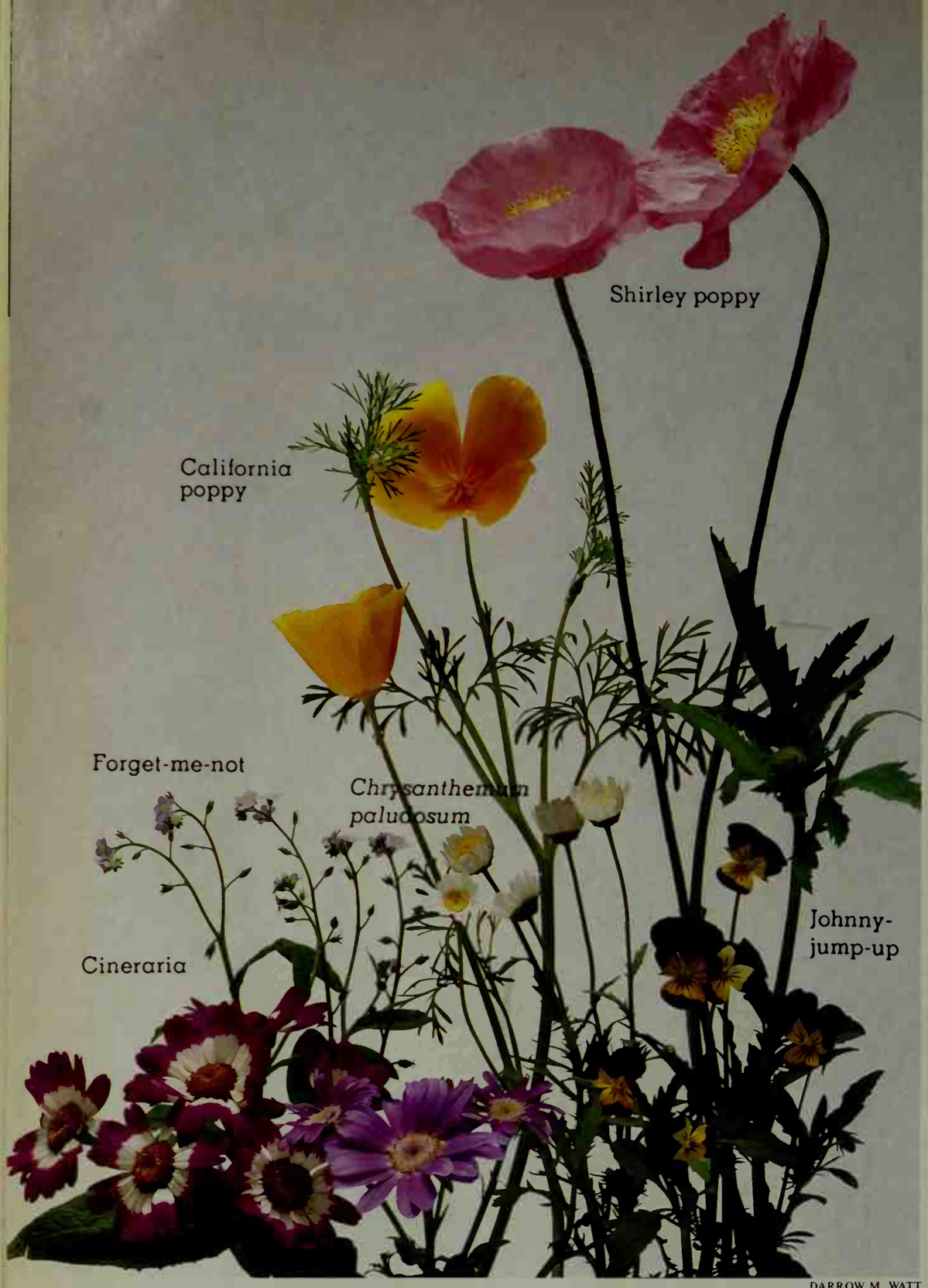


It's time for a change to Gallo.



Grilled scallops with julienne zucchini and carrots.

© E. & J. Gallo Winery, Modesto, CA.



DARROW M. WATT

SHIRLEY POPPY
(Papaver rhoeas)
Crepe-papery, single or double blooms in pinks, reds, oranges, or white on 2- to 3-foot plants. In mild climates, sow in fall for early-spring bloom; in cold winter areas, sow in spring for later bloom. Full sun.

CALIFORNIA POPPY
(Eschscholzia californica)
Golden blooms brighten wild gardens. Broadcast seed where plants will grow. Full sun.

FORGET-ME-NOT
(Myosotis sylvatica)
Tiny blue flowers brighten moist, shady spots.

CHRYSANTHEMUM PALUDOSUM
White daisies on 8- to 10-inch stems. Sun or part shade.

JOHNNY-JUMP-UP
(Viola tricolor)
Little pansy look-alikes. For a quicker start, set out seedlings in fall (spring where winters are cold). Part shade.

CINERARIA
(Senecio hybridus)
Daisy-like flowers on 12- to 15-inch plants. Where frost is likely, plant in spring, or in protected spots. Grows best in coastal California in cool, shaded borders.

For the wild look

Tuck these flowers in this fall for bloom next spring

CAREFREE FILLERS: tuck them around the garden this fall, and they'll bloom next spring and possibly reseed themselves for many springs thereafter unless you weed them out. Often they reappear where you least expect them—in gravel paths or cracks between bricks.

The six pictured above are favorites with garden designers we interviewed. With a little help from you, the lower-growing ones can multiply in garden beds (save the last seeds to scatter where you want them). The two poppies are best in wild gardens, meadows, or behind vegetable gardens; they turn straw-colored and rangy as their seed ripens.

Except where noted, all can be planted this month. Broadcast seeds on cultivated, well-drained soil (mix finest ones with sand first); keep moist until seeds germinate (about 14 to 21 days), and protect from birds. Or buy seedlings at nurseries. ■

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The way it was: restoring California's grasslands

ENVIRONMENTAL ACTION

K. BRYAN SWEZEY

ROADSIDE RESTORATION *site is planted with purple needlegrass (Stipa pulchra; front), Idaho fescue (Festuca idahoensis), and onion grass (Melica californica).*

IF YOU STRAY OFF Interstate 505 into the Yolo County farmlands after the fall rains begin, you may see an unusual sight: a stretch of green and blue-green perennial bunch grasses where you might normally expect only weeds or bladed ground. In spring, colorful wildflowers bloom amid the grasses.

This roadside restoration is a demonstration site of the California Native Grass Association. The idea behind CNGA is to help reestablish native grasses.

Much of California was cloaked with native grasses—more than 300 kinds—until human intervention and overgrazing all but wiped them out. Native species like meadow barley, purple needlegrass, blue wild rye—that green up in fall and often stay green well into summer—gave the landscape a softer look.

Now most of the natives have been displaced, and hills and roadsides have been invaded by annual grasses and pesty weeds such as wild oats, star thistle, and bindweed.

To control weeds and reduce fire hazards along roads, counties spend tens of thousands of taxpayer dollars blading the ground and spraying herbicides. These practices lead to erosion and siltation; chemicals also introduce potential pollution and health hazards.

With the goal of restoring native grasslands and reestablishing a diverse, self-sustaining environment for birds, beneficial insects, game animals, and other wildlife, CNGA was formed last fall.

"OUR GOAL: PROMOTE, DEVELOP, AND RESTORE"

Restoring large areas of native grasslands requires

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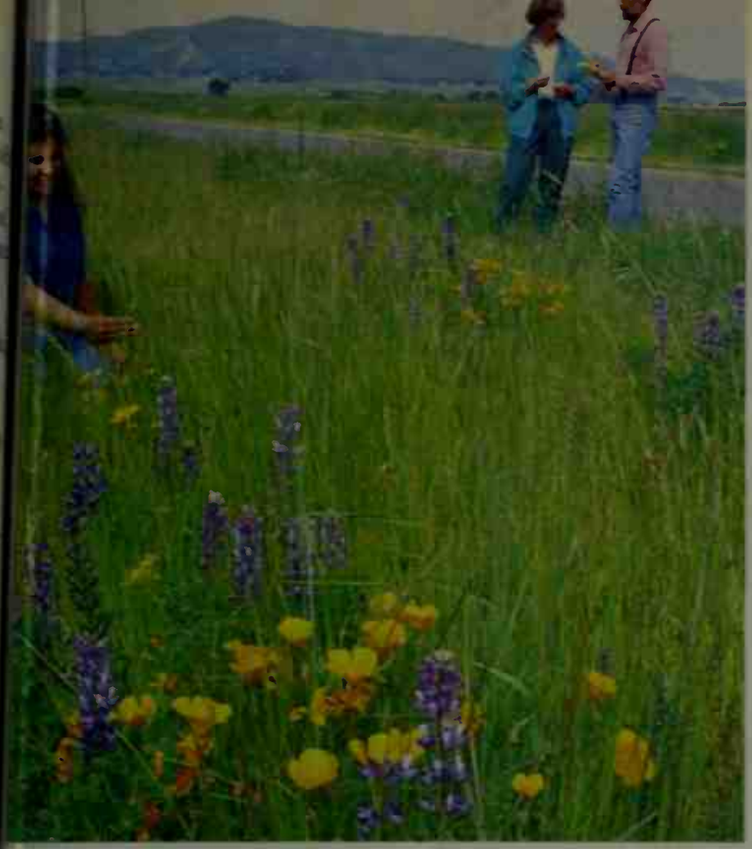

SEEDED TWO YEARS AGO, *demonstration site installed by John Anderson—one of the founders of California native grass group—and Yolo County agencies is now thick with blue wild rye (Elymus glaucus), meadow barley (Hordeum brachyantherum), purple needlegrass, California poppy, native lupine, and blazing star (Mentzelia lindleyi).*

huge quantities of seed, but most species haven't been widely available or reasonably priced.

Since little has been done to identify and develop native grasses, much of CNGA's current focus is determining which kinds are best suited for restoration, testing and evaluating how individual species fit into various ecosystems, and encouraging seed growers to produce them.

To test plants' adaptability, CNGA members also are establishing six labeled demonstration gardens in California.

One garden (at left) has already been installed in Winters. The best time to see it is in spring, when wildflowers are up. From I-80 near Vacaville, go north on I-505. Take County Road 27 west 2 miles to County 88; the site is at the southwest corner.

In 1992, CNGA's Habitat Restoration Committee will select new sites in collaboration with The Nature Conservancy and other agencies. It will also advise groups seeking to restore their own sites.

DO YOU WANT TO GET INVOLVED?

CNGA membership ($35) is open to everyone. The members make up a diverse group—from homeowners to seed producers.

CNGA offers periodic workshops on establishment and management of native grasses and grass identification. On November 14, the annual meeting (and a workshop) will be held in Walnut Creek. A meeting for Southern California members will take place in early 1992.

Free to members is an information packet with seed sources. Write to CNGA, Box 566, Dixon, Calif. 95620. ■

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CHAD SLATTERY

The comforts of lawn, the practicality of paving

These three patios combine both. They can cut down water use

CONCRETE PATIO PADS *were poured in place, then stones were set into wet cement as accents. Design by Creative Land Design, Santa Monica.*

POOLSIDE PATIO *is made with Bouquet Canyon stepping stones, each supported by its own mortar base. Design by Statice Landscape + Design, Los Angeles.*

THESE THREE PATIOS HAVE THE LOOK OF LAWN BUT THE hard-surface practicality of paving. Because in each example the turf flows right through the patio from the adjacent lawn, it blurs the boundaries between the two. This makes an especially useful solution if you want to create additional space in the garden for lounging, dining, and entertaining without imposing a heavy hardscape look, or if you want to cut your lawn down in size to save water.

Tall fescue was planted from sod in all three examples. Early fall is the best time to get grass started.

DON NORMARK

KINDS OF PAVERS, INSTALLATION

Choices include natural stone in irregular shapes ($10 to $15 per square foot) or cut to a standard dimension ($8 to $20 per square foot); poured concrete ($4 to $8 per square foot); and ready-made concrete pavers ($1 to $9 each) or tile pavers ($2 to $15 each). For all prices, add costs for preparation and installation.

Use pavers at least 14 inches square, or butt smaller ones together to make a sin-

PETER CHRISTIANSEN

BLURRING THE BOUNDARY *between patio and lawn, custom-cut 14-inch squares of Bouquet Canyon stone lay checkerboard-style on a 3-inch base of compacted sand, with tall fescue growing between them. Design by Burton & Spitz Landscape Architecture, Santa Monica, California.*

gle large paver. Irregularly shaped pavers like the ones shown at left are easiest to install; geometric ones require more careful measuring, spacing, and leveling. Professional landscape contractors installed all the pavers shown.

To install, remove sod and 3 inches of soil from the area for pavers. Prepare a compacted sand base or begin framing concrete forms as necessary. (For help, see *Sunset's Complete Patio Book,* Sunset Publishing Corporation, Menlo Park, Calif., 1989; $10.95). Allow 3 or 4 inches between pavers for turf. If you're placing stone pavers on a mortar base, position pavers approximately to get the look you want, then make individual mortar bases and position each stone.

After placing the pavers, clean away any mortar or debris between them and the native soil that might inhibit growth of turf roots. Then install irrigation. A drip line underneath the turf is ideal but can get overly complex if pavers are small and numerous. Check with an irrigation supplier or installer for options and advice.

When the watering system is in place, backfill between pavers with a light-weight, noncompacting soil mix such as one recommended for house plants.

To calculate how much sod you'll need in square feet, figure the square footage of the paver area, then multiply that number by 0.25 (for 3 inches between pavers), or 0.33 (4 inches between pavers). Add another 5 percent for waste. Cut the sod into strips and press it firmly between the pavers. ■

NORTHERN CALIFORNIA

Walnut Creek

October classes at Heather Farm Garden Center, 1540 Marchbanks Dr., include winter vegetables, trees for fall planting, and flower arranging. For details, call (510) 947-1678.

Burlingame
October 4

Demonstration of abstract floral design by Bob Thomas of Monticello, Florida, sponsored by Bay Ocean District of California Garden Clubs. Place: Crystal Springs Golf Club, 6650 Golf Course Dr. Hours: 9:30 to noon. Admission: $20, includes brunch. For ticket information, call (415) 493-7964 or 592-4907.

Napa
October 5

Plant sale by Napa Valley Chapter of California Native Plant Society. Place: Skyline Wilderness Park, 2201 E. Imola Ave. Hours: 10 to 4.

Sacramento
October 5

Plant sale by Sacramento Valley Chapter of California Native Plant Society. Place: California State University, Collegetown and Jedsmith drives. Hours: 9 to 3.

San Francisco
October 5

Open house, including horticultural information and plant sales. Place: Strybing Arboretum and Botanical Gardens, Golden Gate Park, Ninth Ave. and Lincoln Way. Hours: noon to 4. Free.

San Martin
October 5

Fall Festival and plant sale by Saratoga Horticultural Foundation. Place: 15185 Murphy Ave. Hours: 9 to 3.

Chico
October 12

Plant sale sponsored by Stansbury Home Preservation Association. Place: 307 W. Fifth St. Hours: 10 to 4.

Santa Rosa
October 12

Plant sale by Milo Baker Chapter of California Native Plant Society. Place: Veterans Memorial Building, 1351 Maple Ave. Hours: 9 to 1.

Walnut Creek
October 12

Plant sale by Heather Farm Garden Center Association. Place: Garden Center Lath House, 600 N. San Carlos Rd. Hours: 9 to 4.

Oakland
October 12 and 13

Annual plant sale by East Bay Chapter of California Native Plant Society. Place: horticultural area, Merritt College, 12500 Campus Dr. Hours: 10 to 2.

Sacramento
October 12 and 13

Show and sale by Orchid Forum of Sacramento. Place: Sacramento Garden and Arts Center, 3330 McKinley Blvd. Hours: 2 to 6 Saturday, 10 to 5 Sunday. Free.

Rancho Cordova
October 18, 19, and 20

Sale by Perennial Plant Club. Place: 10065 River Mist Way. Hours: 10 to 4. For details: (916) 366-7835.

Concord
October 19

Fall plant sale by Markham Arboretum Society. Place: Markham Garden Center, 1202 La Vista Ave. Hours: 10 to 4.

Hayward
October 19 and 20

Show by Yamato Bonsai Club. Place: Centennial Hall, Foothill Blvd. at City Center Dr. Hours: 10 to 5. Free.

Sacramento
October 19 and 20

Show and plant sale by Delta Gesneriad and African Violet Society. Place: Sacramento Garden and Arts Center, 3330 McKinley Blvd. Hours: 2 to 6 Saturday, 10 to 5 Sunday. Free.

Berkeley
October 20

Workshop on plant propagation from hardwood cuttings. Place: UC Botanical Garden, Centennial Dr. Hours: 1 to 4. Fee: $12. To register, call (510) 642-3343.

San Francisco
October 20

Exhibit and plant sale by Ikenobo Ikebana Society of Northern California. Place: County Fair Building, Golden Gate Park, Ninth Ave. and Lincoln Way. Hours: sale, 9 to 11:30 A.M.; exhibit, 1 to 3:30 P.M. Free.

Palo Alto
October 26

Propagation workshop by Gamble Garden Center and Saratoga Horticultural Foundation. Place: Garden Center,

DARROW M. WATT

Pumpkin Patch Bounty

Hollowed out in the arrangement pictured above, pumpkins double as containers and as spirited jack-o'-lanterns. The big one holds a fall bouquet of richly colored chrysanthemums, liquidambar leaves, and spikes of rose-purple liatris; the miniatures serve as festive temporary candle holders. Now's the time to look for unusual pumpkin varieties you might want to grow from seed next spring.

1431 Waverley St. Seeds and soil mixes, 9:30 to 11:45; soft and hardwood cuttings, 12:30 to 2:30. Fee: $25 full day, $20 morning or afternoon. For required preregistration, call (415) 329-1356.

OAKLAND
OCTOBER 26 AND 27

Show by East Bonsai Society. Place: Lakeside Park Garden Center, 666 Bellevue Ave. Hours: 10 to 5. Free.

WALNUT CREEK
OCTOBER 26 AND 27

Show and plant sale by Diablo Bonsai Club. Place: Civic Park Community Center, 1650 N. Broadway. Hours: 10 to 5 Saturday, 10 to 4 Sunday. Free.

WALNUT CREEK
OCTOBER 26 AND 27

Show and sale by Northern California Chrysanthemum Society. Place: Heather Farm Garden Center, 1540 Marchbanks Dr. Hours: 1 to 5 Saturday, 10 to 4 Sunday. Free.

GRATON
OCTOBER 29 AND 30

Fall flower show by Graton Community Club. Place: Main and N. Edison streets. Hours: 9 to 5 Tuesday, 9 to 4 Wednesday. Free.

■ COLORADO

DENVER
OCTOBER 11, 12, AND 13

National orchid show. Place: Hyatt Regency–Tech Center, 7800 E. Tufts Ave. Hours: 9 to 5 Friday and Saturday, 9 to 4 Sunday. Admission: $4. For information, call (303) 936-5508.

■ UTAH

SALT LAKE CITY
OCTOBER 12 AND 13

Show by Beehive Chrysanthemum Society. Place: Utah Associated Garden Clubs Center, Sugar House Park, 1602 E. 2100 South St. Hours: 2 to 5 Saturday, noon to 5 Sunday. Free. ■

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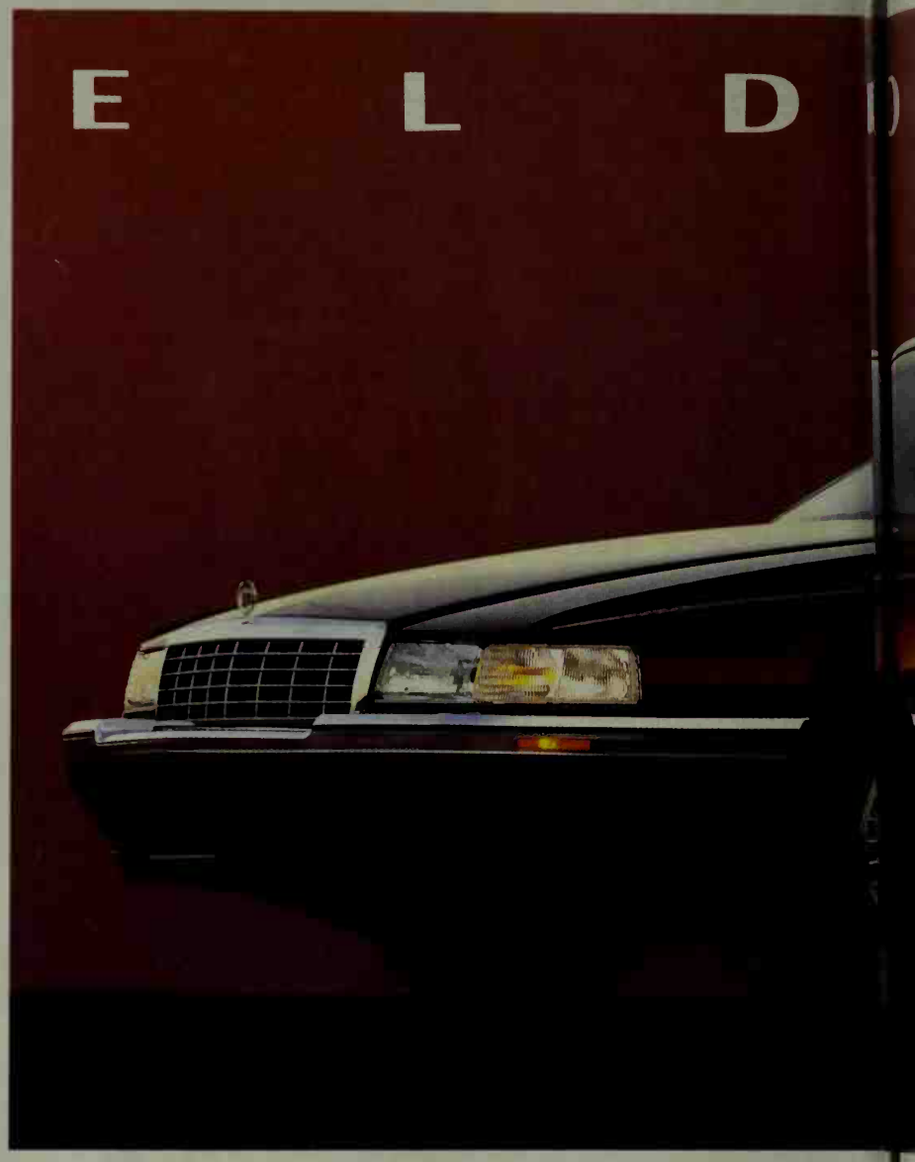

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1991–1992 WESTERN HOME AWARDS

Here are 23 houses singled out in the biennial awards program sponsored by Sunset Magazine and the American Institute of Architects. Now in its 35th year, the program spotlights the very best in Western residential architecture.

WHEN A JURY OF EXPERTS gathers to pick the best in Western residential architecture, as the American Institute of Architects/*Sunset Magazine* Western Home Awards jury did in June, the merits and flaws of individual houses are argued at length. Here and on the following pages, where we present the winners, we'll try to give you some insight into what an architectural jury looks for in a house, and why this jury picked these 23 entries from a record 405 submitted.

Entries were scrutinized by four Western architects, two architectural writers, and a well-known architect from outside the West. Each juror had his or her own definition of what makes a successful house, but all looked for originality, skill in planning and use of materials, and appropriateness of solution to the client's program as well as the site.

After two full days of deliberation, the results—with few unanimous decisions—were 3 Honor Awards ("projects worthy of study by the profession"), 7 Awards of Merit ("outstanding examples of today's architecture"), and 13 Citations (projects considered well above the level of most entries in their categories).

The jury also gave one Special Award for Redefining "House." This project (page 96) polarized the jury in terms of esthetics and, more importantly, for its appropriateness as a house. Typical deliberations went something like this:

"It's too massive; it's not residential." (Goldstein)

"It's a movie set." (Hood)

"You don't feel like you can sit in there." (Hull)

"I'd like to sit in there." (Hood)

"I bet kids would love it." (Simon)

Among the winners, you'll find great variety in style, location, scale, and resolution. As Ehrlich put it, "Good design has no style of preference: it's *what* the architect says, it's not *how* he says it that's significant."

The variety among the Honor Award winners is testimony that no one building category swayed the jury. One is a modern, metal-clad custom house, another a remodel that's respectful of the original design, and the third an innovative answer to low-cost housing.

As discussions went on about individual entries, inevitably the question of what makes a good house surfaced. Here are a few of the jury members' comments:

"They support life with a mixture of stimulation and tranquillity." (Hood)

"They solve certain conditions (site, existing structures, program, etc.) with clarity and vision, and they offer new concepts in the process." (Hull)

And Morrall quoted John Ruskin, 19th-century champion of the Arts and Crafts Movement, who said, "We require from buildings as from men two kinds of goodness. First the doing of practical duty well. And then that they be graceful and pleasant, which last is in itself another form of duty."

ROBERT E. HULL, AIA, JURY CHAIRMAN, SEATTLE

STEVEN EHRLICH, AIA, VENICE, CALIFORNIA

BARBARA GOLDSTEIN, ARCHITECTURAL EDITOR, LOS ANGELES

BOBBIE SUE HOOD, FAIA, SAN FRANCISCO

EDWARD M. JONES, ARCHITECT, PHOENIX

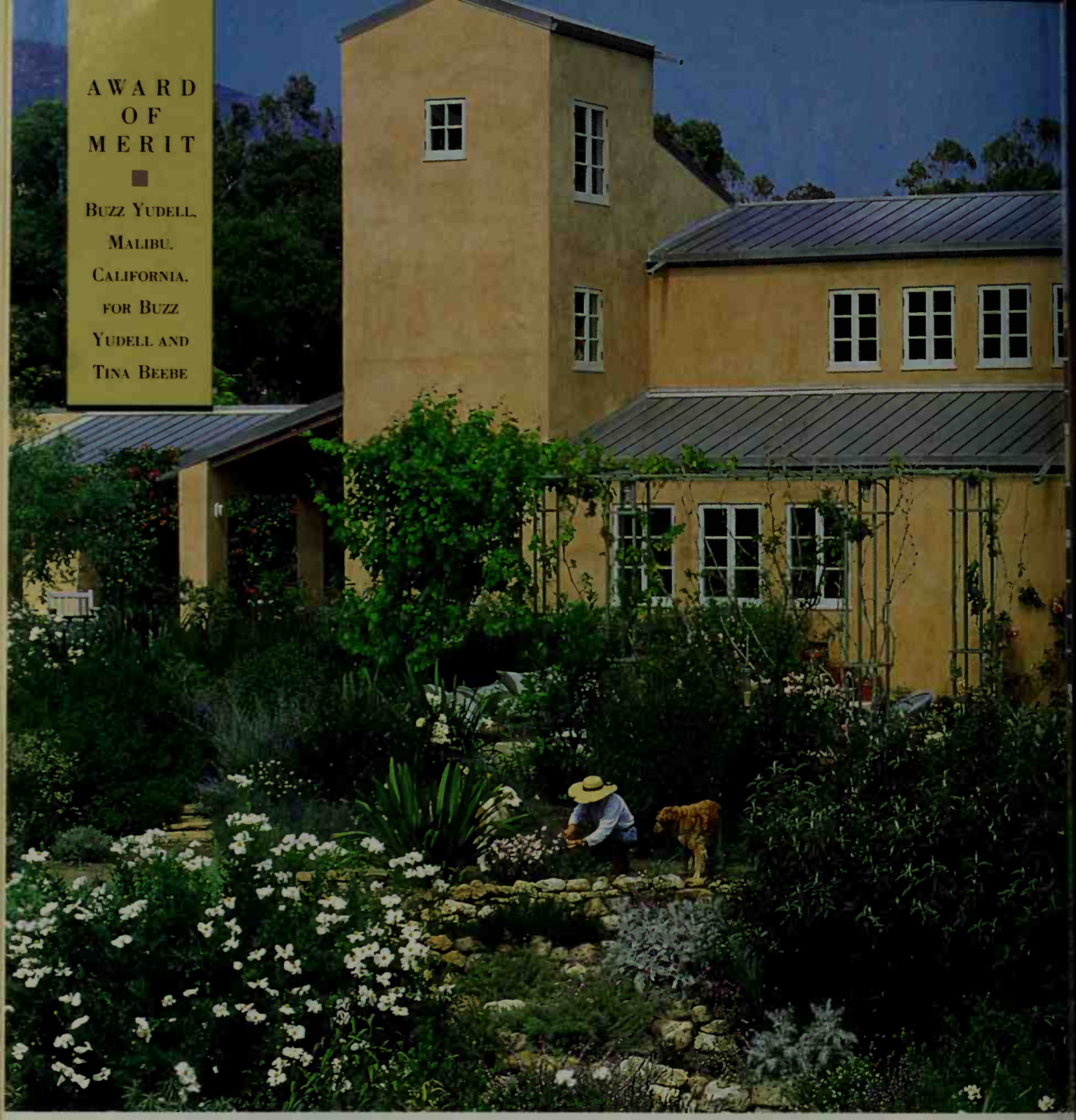
MARK SIMON, FAIA, ESSEX, CONNECTICUT

RICHARD B. MORRALL, SUNSET MAGAZINE

NORMAN A. PLATE

AWARD OF MERIT

BUZZ YUDELL, MALIBU, CALIFORNIA, FOR BUZZ YUDELL AND TINA BEEBE



TOWER *courtyard marks entry to long, narrow house stepping down slope.*

Mediterranean roots, but built for today's tight lots

DON'T FENCE ME OUT! was the jurors' reaction to this hillside house near Malibu, California. What most aroused their friendly jealousy was the skillful treatment of architecture and landscape as a single functional and esthetic composition.

According to architect-

CHAD SLATTERY

PORCHES *off master bedroom and living room open lowest level to breezes and view.*

LIMESTONE-PAVED *entrance gallery spills down to living room and brings daylight into the center of the house.*

STEEL TRELLIS *frames dining pergola along limestone terrace beside living room, at lower end of the slope.*

owner Buzz Yudell and his wife, Tina Beebe, a graphic designer and an avid gardener, "the house evolved from the constraints and pleasures of the site." Because of Coastal Commission and fire department restrictions, only a 32-foot-wide strip along the 600-foot length of sloping lot was actually buildable.

The house was organized along this north-south axis as a series of platforms with three parallel elements—first-floor rooms, indoor circulation along a glazed gallery, and outdoor circulation along a terraced "street"—all stepping down the hillside.

Outdoor rooms—from vine-covered entrance courtyard at the top of the site to rose-entwined pergola near the bottom—take full advantage of Malibu's mild climate.

Juror Goldstein called the project "a true California house recalling Spanish-style architecture without slavish use of decorative detail." Simon said, "This wonderful house evokes gentle memories of other places and other times, especially of Italian hill towns."

SPECIAL AWARD FOR EXPANDING THE DEFINITION OF "HOUSE"

■

EDWARD R. NILES, ARCHITECT, FAIA, MALIBU, CALIFORNIA

Steel and glass "starship" house is remarkably energy-efficient

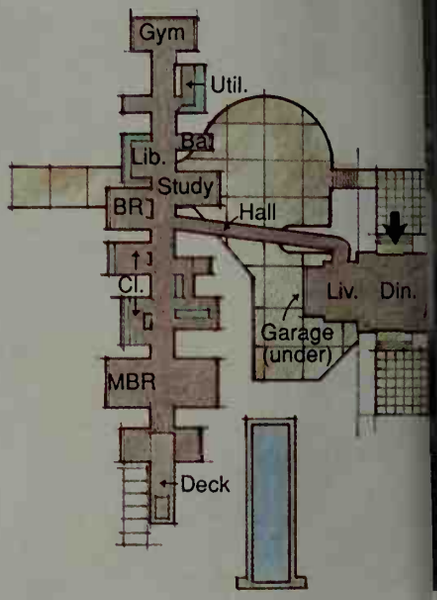
TO BOLDLY GO WHERE no house has gone before. The five-year mission of this steel and glass starship hovering above Malibu was to seek out "a synthesis of technology and form free from the predictable associations with Mother Earth." So says the architect. Juror Hood put it another way: "It challenges the concept of what a house can be."

In some ways this is a very conventional house. The main entry is into the public space—living room, dining room, and kitchen. Private spaces are upstairs off a central corridor. The master suite sits at one end of the hall; guest bed and bath, study, library, and laundry room radiate off the rest of the corridor, which ends at an exercise room.

Convention ends where execution begins. The grand semicircular landing module that is the public space offers unobstructed views to the surrounding landscape (privacy is not an issue on the 2-acre site). Translucent insulated fiberglass panels arc overhead; the same kind of panels form a barrel vault over the central corridor upstairs. The stair bridge has similar detailing.

Practically as self-contained as a spaceship, the house is remarkably energy efficient. Solar energy is collected in panels off its bow and in the pool. Using water-source heat pumps and a highly efficient zoned duct and blower system, the house falls well within the California Energy Commission standards, even with all the mirror-coated single-pane glazing.

LIKE PODS ON A SPINE, *rooms cluster along airborne private wing; bridge stair links it with grounded public pavilion. Total living space: 5,000 square feet.*



WARP SPEED: *Meant to appear as an alien object on the natural landscape, this "courageous house"—as juror Jones called it—explores new forms.*

NORMAN A. PLATE

MASTER BEDROOM *crosses spine, looks out on semicircular main room.*

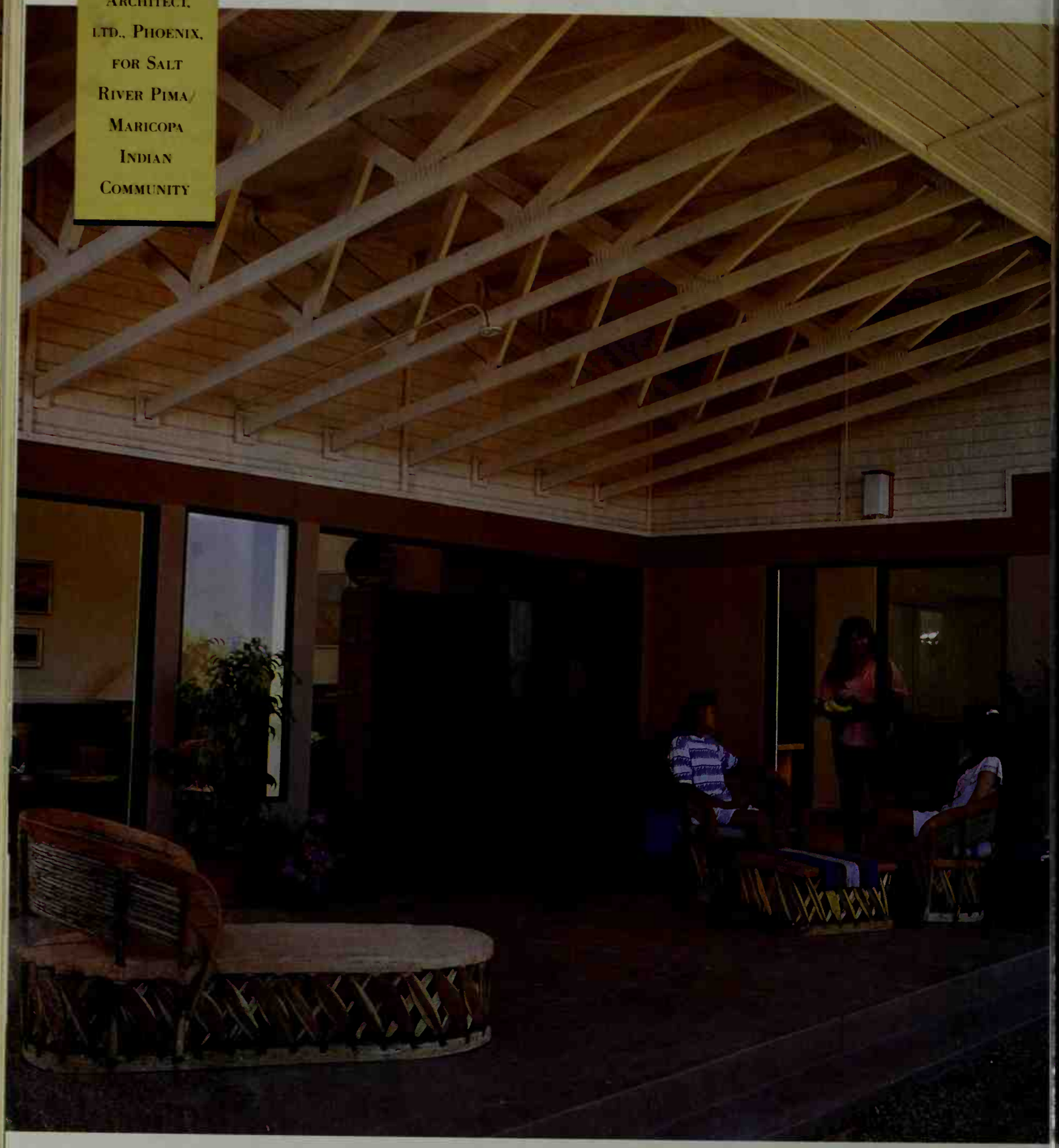
LIVING ROOM *(far left) sits at one end of grand public space.*

KITCHEN *is an asymmetrical arrangement of freestanding cabinet modules.*

HONOR AWARD

CHARLES ROBERT SCHIFFNER ARCHITECT, LTD., PHOENIX, FOR SALT RIVER PIMA/MARICOPA INDIAN COMMUNITY

Tribal leaders issued a challenge. Eaglewing is the answer



A NEW HIGHWAY slated to pass through the Salt River Pima/Maricopa Indian Community was the genesis of this very special dwelling. It is the first of 60 to 70 low-cost houses scheduled to replace ones in the path of the new road.

Tribal leaders didn't want any more of the boxy HUD-type houses that already dot their land; they also didn't want the pseudo-Spanish or "Southwest" styles that are prevalent in adjoining Scottsdale. The architect was asked to create a design for an energy-efficient structure that would blend elements of Native American life and cultural heritage with modern building materials and methods—all for just $54 a square foot!

The stunning solution is "Eaglewing," a stretchable linear plan that turns standard roof trusses upside-down to form the houses' "wings." The inverted roof framing leaves attic space for insulation and ducting, permits an inexpensive reflective flat roof, and puts volume in the living space where occupants can enjoy it. As juror Jones put it, "The success of this building happens with standard construction parts, cleverly and logically rearranged."

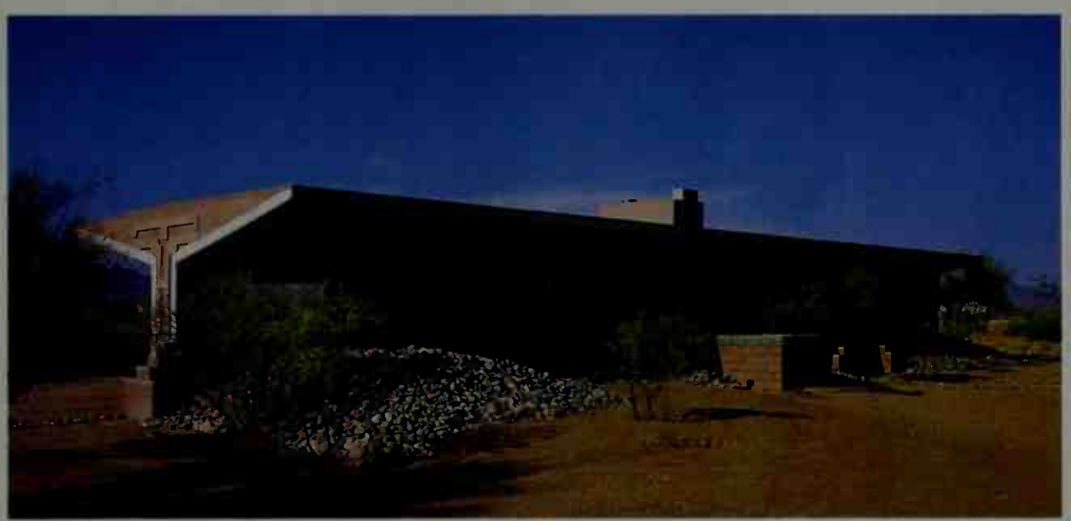
Because a central wall carries most of the weight, clerestory windows—placed high on the side walls—can be headerless. In the ramada and carport, the trusses were left exposed, increasing the sense of volume.

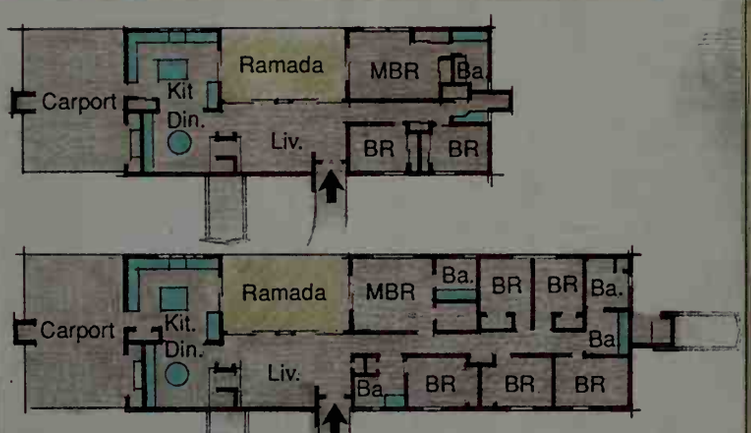
The T-shaped end elevations that are formed by the trusses and central support caused much debate. They were designed to be embellished with native motifs, giving owners an opportunity to personalize their residences. Some jurors favored the idea of ornamentation; some didn't. Morrall liked the way the end forms were "planted on the site like giant arrows from the sky."

STEPHEN CRIDLAND

PIVOTAL TO THE HOUSE'S SUCCESS *is the open, north-facing ramada accessible from the kitchen, living room, and master bedroom. Note how the open trusses lend volume.*

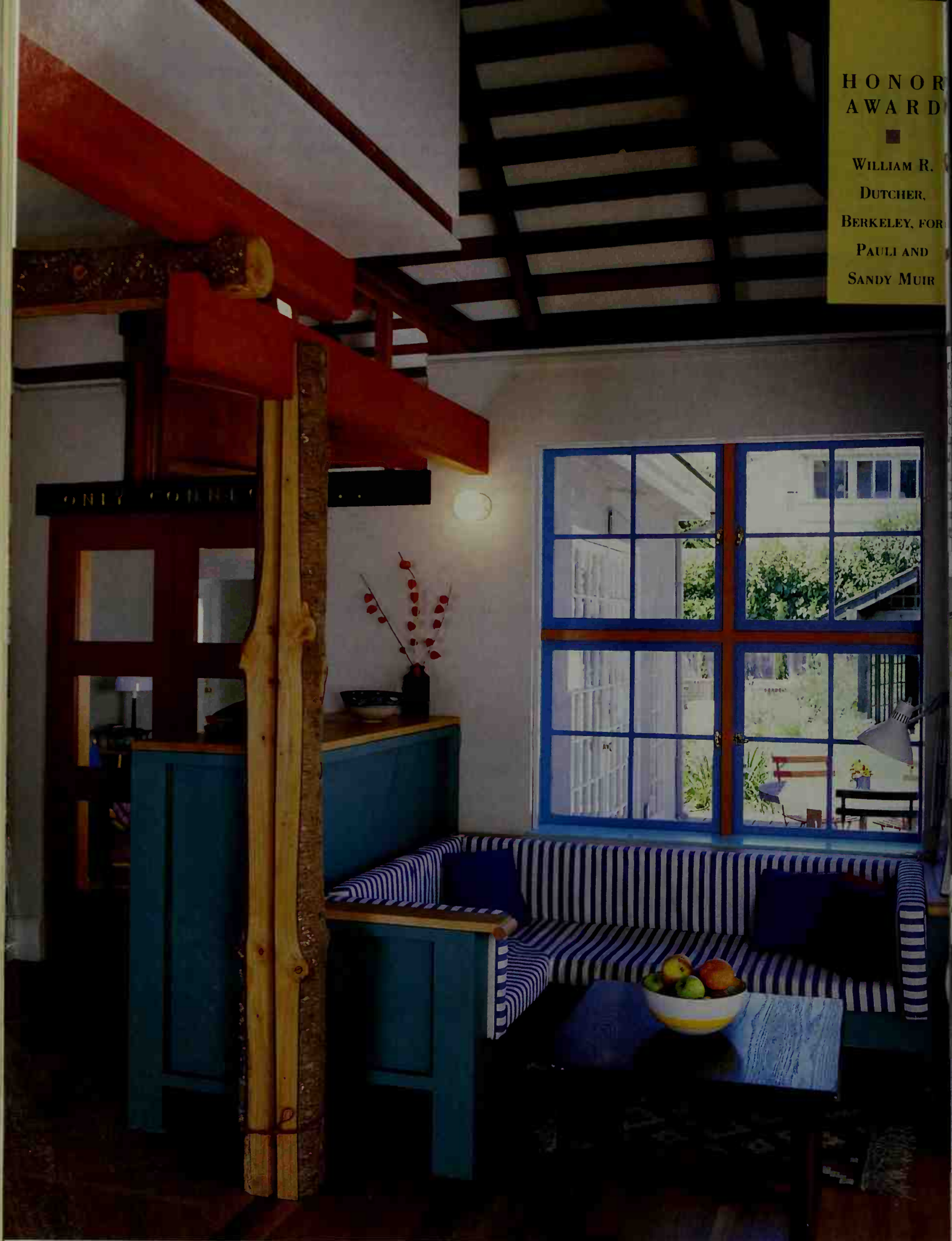
LONG AND LOW *corner view shows bermed south façade and inverted roof trusses over west-facing carport that give house its distinctive silhouette.*





BASIC PLAN *can be stretched to accommodate expanded families. The 1,636-square-foot model shown in the photographs has three bedrooms; other models have one to six bedrooms.*

CENTRAL WALL *supports roof; ceilings slope up to high windows.*



HONOR AWARD

WILLIAM R. DUTCHER, BERKELEY, FOR PAULI AND SANDY MUIR

ORANGE-STAINED BEAMS *and unpeeled logs sawed flat on two sides replaced load-bearing walls in kitchen area, layering support within open volume.*

Witty, colorful, and very much accessible by wheelchair

GEARED TO THE requirements of a physically disabled professor and his family, the remodeling of this 1920s bungalow garnered words of praise from the jury like "witty," "fun without trendy gimmicks," a project with "comfortable grace," and "a spirit of innovation."

It's most impressive because it succeeds on its own visual merits, "embracing handicap requirements as a design enhancement rather than the constraint they usually become," Jones noted.

Beginning at the sidewalk, the ground was sloped up 8°, disguising the inclined wheelchair ramp.

On the interior of the bungalow, doorways were widened to improve the flow to the rear of the house. There, a clutch of small rooms has been pooled into a sunny kitchen that opens to the rear garden. Inlays of contrasting hardwood flooring playfully trace where torn-out walls used to be.

Unused attic space was transformed into guest quarters. A new master suite that extends beyond the family room is surrounded by a large deck and a raised garden, creating, as Simon observed, "outdoor spaces that are nice counterpoints to the indoor rooms."

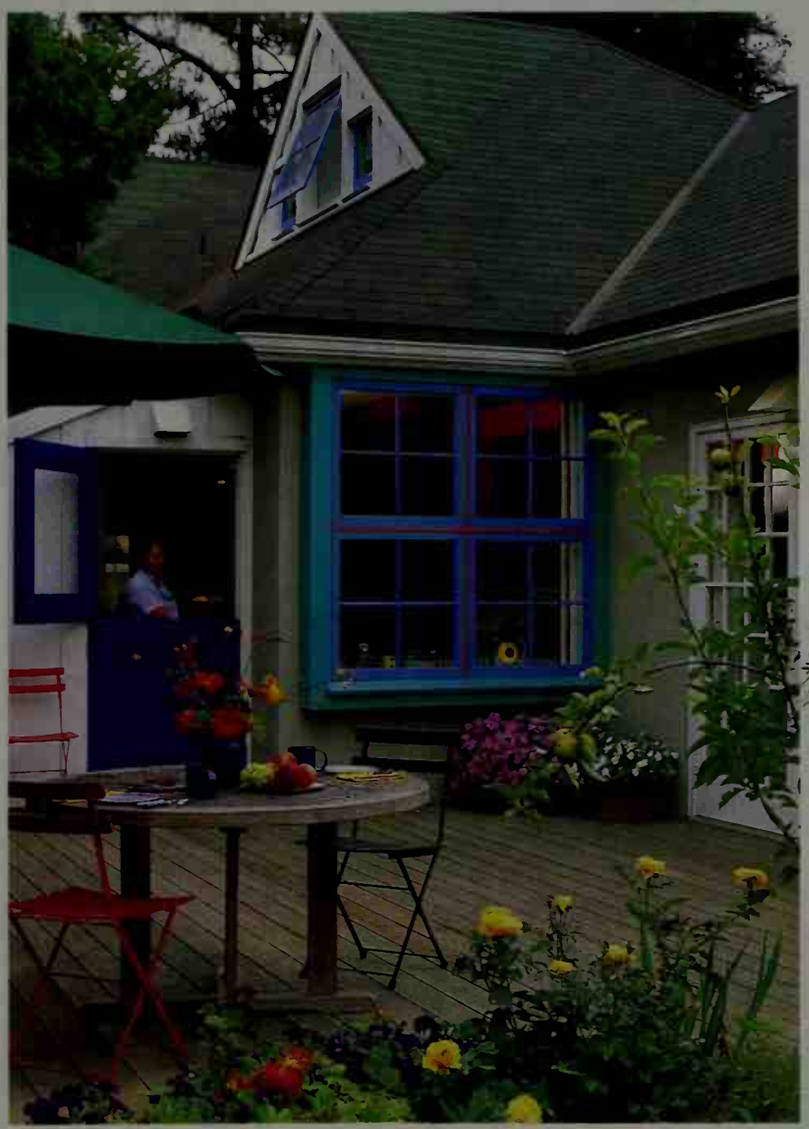
The house's interior is brimming with color, has an upbeat feeling, and is full of surprises such as the exposed skip sheathing overhead and the colorful built-in furniture. New features pay homage to the existing architecture while retaining their own identity; as Hood put it, "the new sits lightly on the old."

NORMAN A. PLATE

ROLL-UP *prep area near dining room doubles as buffet service.*

DARROW M. WATT

HISSING SNAKE *guards landing, bath, guest rooms added in attic.*



BRILLIANT COLOR *calls out new windows behind sitting area; square panes and grid pattern give nod to existing windows, left white.*

FRONT OF HOUSE *is unchanged from original (at top). In rear, 6-foot addition created skylit kitchen bay. New master suite replaced tumbledown garage.*

CITATION

JAMES CUTLER ARCHITECTS, WINSLOW, WASHINGTON, FOR GEORGE AND MARGARET STERLING

GLENN CHRISTIANSEN

A PART OF THE FOREST, *simple, cabin-like structure is tucked into woods. Skylights help bring light inside.*

It straddles the stream, settles into the landscape

PETER AARON

STYLISHLY RUSTIC *interior of small house combines open beams, rich woods, expanses of glass.*

"I APPLAUD THE SIMPLE use of materials and the light that was brought into the house," said juror Simon of this winner, which bridges a seasonal stream bed on four 42-foot-long glue-laminated beams. Materials praised by Simon include cedar shingles, split-face concrete block, glass, and a metal roof on the outside; fir floors, open beams, and wood paneling inside.

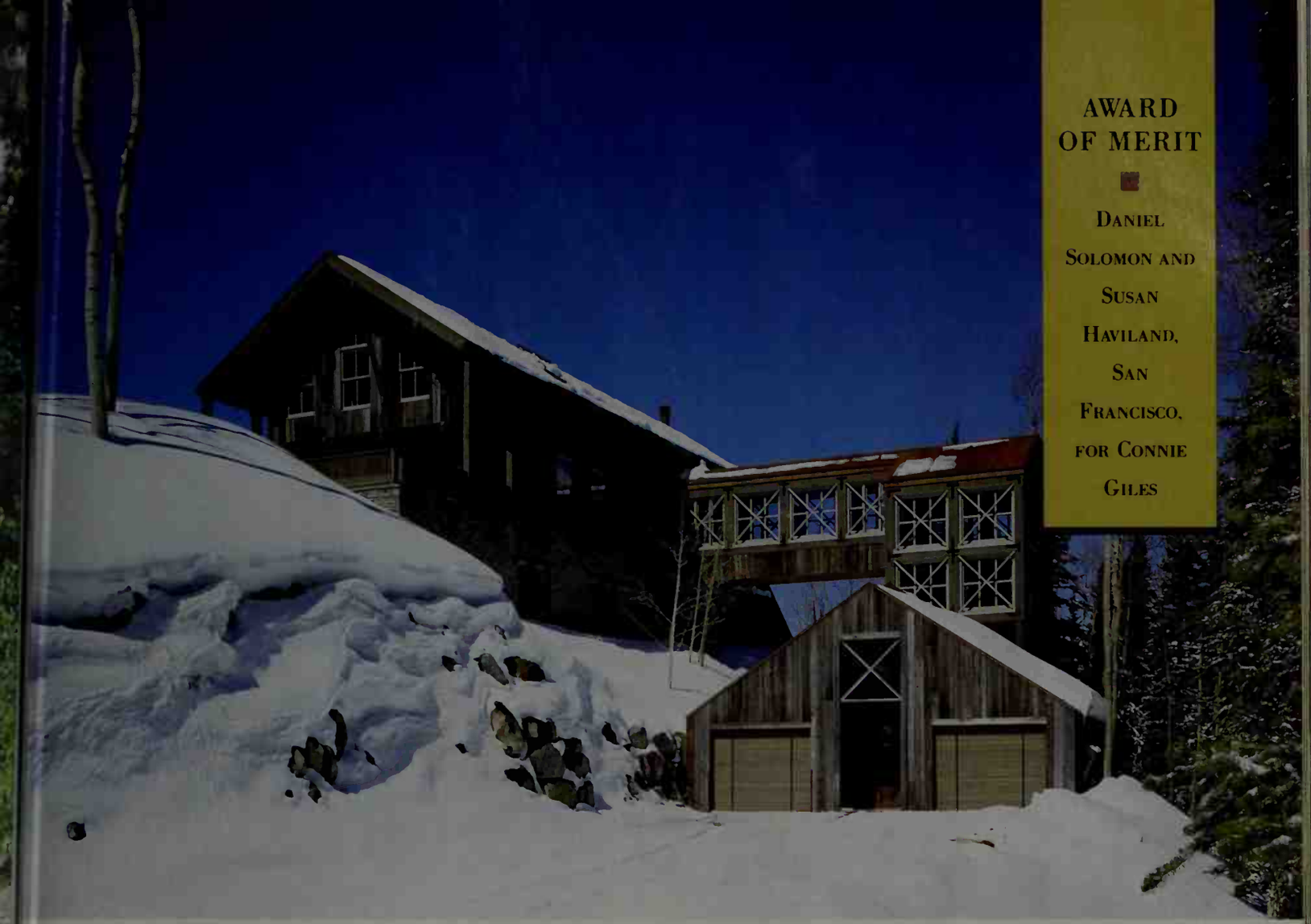
The house demonstrates an attention to quality in materials and detailing without being grandiose. As Hull put it, "There is no fat, no overdone detailing, no reliance on style."

It also bespeaks a concern for the environment. The building settles into the woods and into a hillside, straddling the stream and occupying a place in nature without imposing itself on nature. Except where the house touches down at each end, little on the lot was changed by construction.

Jones pointed out that "this project could easily have been 'blown.' It required the combined efforts of all involved, including construction workers, to bring it to a successful conclusion." The result is rustic elegance on a small scale—the house covers just 2,165 square feet.

AWARD OF MERIT

DANIEL SOLOMON AND SUSAN HAVILAND, SAN FRANCISCO, FOR CONNIE GILES



HOUSE CAPTURES *panoramic views from top of knoll, while drawing on functional forms of mine buildings to solve problems of getting up and down the slope.*

Inspired by Colorado mines

MARK DARLEY/ESTO PHOTOGRAPHY

MONUMENTAL *scale and natural materials give living room its lodge look. Stairs spiral from auto level to bridge.*

THE VERNACULAR forms of Colorado mining and ranch buildings inspired this 5,700-square-foot house in Telluride, designed as a ski lodge and year-round family retreat.

Access to the main house is through a tower and spanning bridge similar to tipple structures that were used in Telluride's mining heyday to deliver silver ore from processing plants to railroad cars below. "This is clearly a Colorado house," commented juror Simon.

The lower building includes two garages that flank a formal entry. From the entry, a graceful stair spirals within its own tower to a bridge that connects with the main living level of the house.

This main level consists of a large living-dining room, a kitchen, and a game room. The steeply pitched roof is impervious to ice damming and partially shelters a south-facing terrace that extends beyond the game room atop a stone plinth. Within the massive plinth are four bedrooms, a bunk room, and five bathrooms for guests, as well as a sauna. Finally, the master suite occupies the entire top floor, isolated from the rest of the house.

Built to last 150 years, the house is clad in weathered wood, designed-to-rust steel, and stone that will look even better with the passage of time.

Evaluating the house, Ehrlich remarked, "The interpretation of the mining vernacular is something fresh and contemporary."

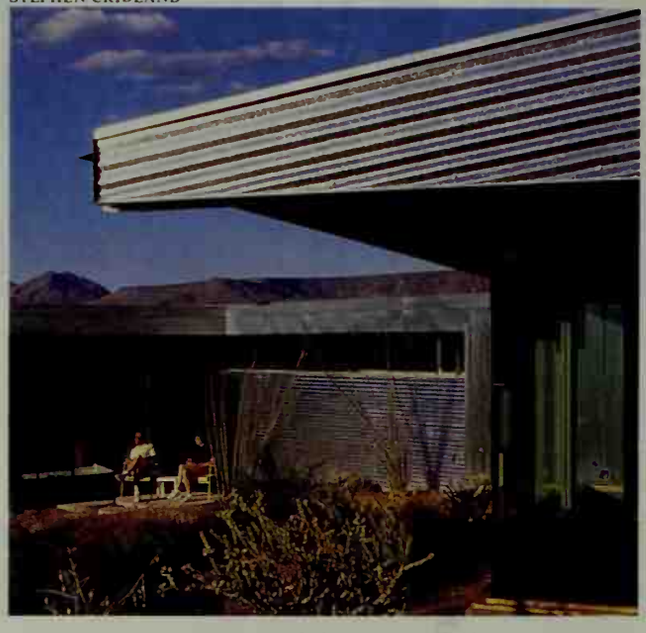
HONOR AWARD

■

WILLIAM P. BRUDER ARCHITECT, LTD., NEW RIVER, ARIZONA, FOR MARILEE AND JOHN MURRAY

Capturing a piece of desert with a gentle C-shape

STEPHEN CRIDLAND



CANTILEVERED CORNER *with butt-jointed glass focuses view on extinct volcano.*

WITH A SWEEPING panorama of the Sonoran Desert below and an extinct volcano looming unobstructed behind the site, views were top priority in this house for an empty-nester couple. But the architect gave the clients far more than picture windows; he created a sculptural shelter that balances form and function, light and shade, in an artful composition using simple materials.

Some of the jurors' comments:

Simon: "Simple materials are made noble through their detailing and placement in a compelling form."

Jones: "An architecture that balances equally functional requirements with the esthetics of form and material."

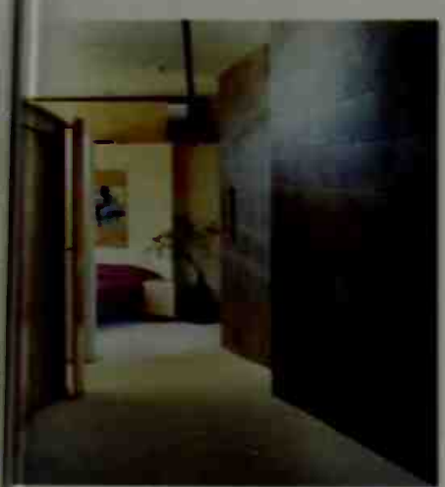
Ehrlich: "The counterpoint of the massive block wall against the lighter steel and glass elements is poetic."

The house is arranged in a C-shape, but the C is not so tight that it restricts views. The resulting court was left untouched.

From the main living area, open desert spreads out down the hill. Across the court, the master bedroom looks back toward the handsomely sculpted public spaces and towering Gavilan Peak beyond.

The public rooms also enjoy views of the mountain through a transparent corner of the house that's capped by a gravity-defying cantilevered beam. Above that,

SOUTH SIDE *features two-car garage and low entry with soffit; long, high window is recessed between roof and soffit's continuation.*



SLOPING, CARPETED RAMP *descends to master bedroom.*

GLASS WALL *of living room looks across court to open desert.*

HOUSE GENTLY CUPS *a piece of the desert. Long ramp gives the master suite privacy.*

a wide horizontal window gathers light and focuses on the peak.

The building's exterior is sandblasted red cinder block, greenish solar glass, and corrugated galvanized steel. The block is exposed on some interior walls; light maple plywood panels others.

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AWARD OF MERIT

DANIEL SOLOMON, SAN FRANCISCO, FOR JOAN JEAN RENAUD AND PAT GLEESON

For musicians, it's as open and functional as a warehouse

NORMAN A. PLATE

ACOUSTICS *shaped studio's geometry of nonparallel, sound-reflecting surfaces. Graceful stair spirals up to office area.*

WINDOW WALL *edits views from living areas, drenches two-story space with light. Hand-burnished stucco, shimmering steel, and buttery soft leather warm the spare interior.*

BUILT FOR TWO musicians, this 2,500-square-foot infill house reinvents the open feeling and industrial esthetic of the warehouse the couple lived in for 11 years. At the same time, it delivers the two separate music studios they required.

Seamlessly clad in black composition shingle, the house "has a wonderfully spooky quality," observed juror Simon, "and leaves a memorable impression not unlike a black motorcycle jacket."

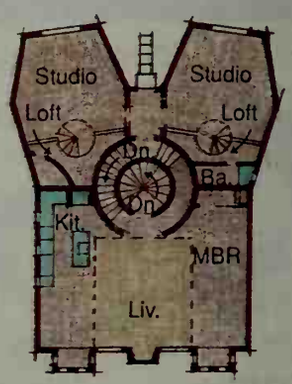
Behind the dark façade, the living room, dining room, and kitchen areas occupy a common space on the middle level. A double staircase in the rotunda leads to wraparound lofts overlooking the living room. One side holds a bed and sitting area, the other the master bathroom.

The skylit rotunda lets daylight penetrate to the glass-block entry in the garage, balances light throughout the house, and brings a marvelous sense of weather and time of day to living spaces. Twin studios radiate off the rear of the rotunda onto the brow of the steep site.

"The project," said Hood, "shows that innovative modern design can be appropriate in a traditional San Francisco neighborhood."

ALEX VERTIKOFF

CHRISTOPHER IRION



ROTUNDA *connects levels and links living to working areas. Like a mask, front wall (left) lets owners see out but screens them from view.*

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CITATION

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KOTAS/ PANTALEONI ARCHITECTS, SAN FRANCISCO, FOR POTRERO HILL TOWNHOUSES

Two units as bookends . . . instead of a dark hallway

RAILROAD FLATS WITH hallways running from front to back are common in San Francisco, and they're usually very dark: light can't reach the core.

"This two-unit building broke away from the layer-cake approach," explained juror Morrall, noting that the units are set side by side to gain vertical space and access to light.

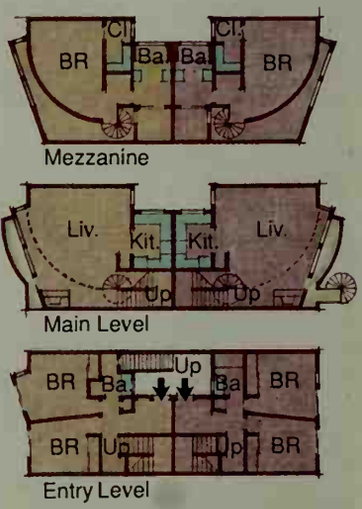
Each 1,750-square-foot unit is organized on three floors above the garage. The master suite overlooks the living room, and additional bedrooms are on the entry level. A giant two-story window dominates each unit, capturing views and daylight.

The units have their own identities: the street-facing one (below) is white siding and yellow stucco; the rear one (not shown) is shingle clad. Ehrlich described the street façade as "fresh, happy, and full of color," while Hood said it "fits with its neighbors yet enlivens the block."

PETER CHRISTIANSEN

CENTER POLE *of steel spiral stairway works with suspended steel rods to support master bedroom loft over kitchen and living room.*

THREE-STORY *window bay angles forward for light, view, space. Curving exterior balcony divides living level from two lower bedrooms.*



MIRROR-IMAGE *plans show how each unit is oriented toward its own big-window view. Entries are central.*

Lucia

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CITATION

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WILLIAM R. DUTCHER, BERKELEY, FOR ANITA AND ROBERT STEIN

RESTORING THE EXTERIOR *presented an opportunity to incorporate a double garage, not a priority when the house was built.*

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—Martha Kerr, CKD CBD
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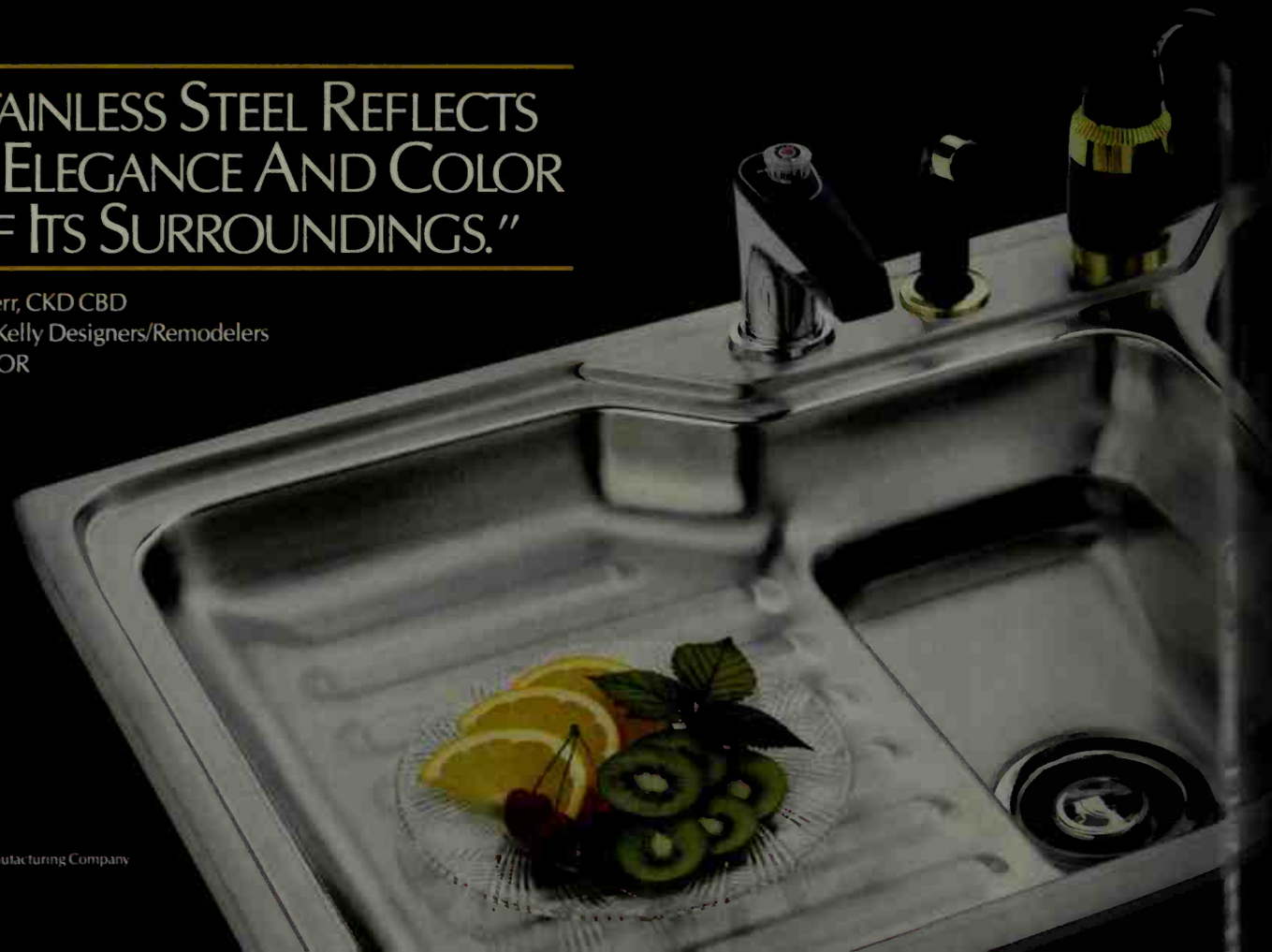

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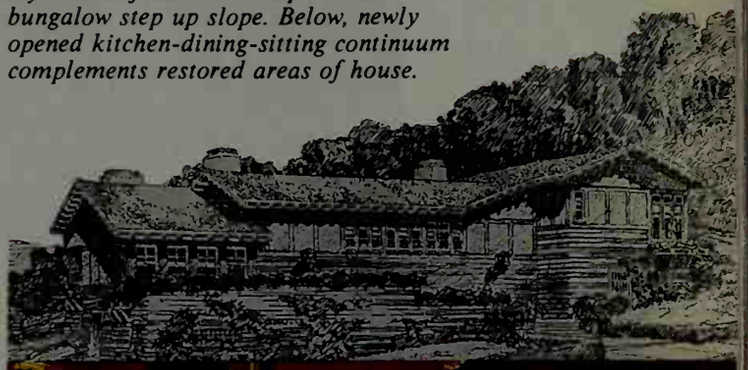
They restored a "botched" bungalow

MASSIVE WALLS *that splay at the base and a layered roof structure help this 1907 bungalow step up slope. Below, newly opened kitchen-dining-sitting continuum complements restored areas of house.*



NORMAN A. PLATE

INSENSITIVE REMODELing had botched this house, one of only two surviving bungalows designed by distinguished Bay Area architect Louis C. Mullgardt. Window seats and bookcases had been torn out, redwood paneling covered with gypsum board, windows closed up or rescaled, and plate rails and other Craftsman-éra details obliterated.

Owner Robert Stein interviewed descendants of the original owners to piece together working drawings. Dutcher's cautious "excavations" exposed original features that helped fill gaps.

Restored and updated areas draw on the same vocabulary of materials, creating a coherent whole that honors Mullgardt while accommodating a modern lifestyle. Salvaged materials were scarce, so local craftsmen were hired to re-create crucial details.

"No attempt was made to impose the architect's personality on the original house," said juror Goldstein. "All changes were appropriate, and lovingly detailed."

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AWARD OF MERIT

FUNG + BLATT ARCHITECTURE, LOS ANGELES, FOR LON BENDER AND LORNA ANDERSON

NORMAN A. PLATE

UPLIT PYLONS *descend past existing retaining wall to support addition and provide ordered link to garden.*

A remodel that respects L.A.'s tradition of modernism

DINING PAVILION *reaches out to view. Stair leads down to deck and garden, and to new private spaces on lower level.*

"HOMAGE TO Schindler" was the complimentary way this gutsy addition in Los Angeles' Silver Lake neighborhood was described by juror Ehrlich.

Powerful wall and roof planes indeed invoke the spirit of Rudolph Schindler, the great '20s modernist whose works dot the surrounding neighborhood. This 750-square-foot addition to an 1,100-square-foot '60s box is both a strong architectural statement and a respectful neighbor.

"Here, strong planar elements reach out to the view and down to the ground to tie the house to its severely stepped lot," observed Morrall.

Supporting the projecting dining room on a pylon that reaches to the lower yard was an elegant response to the reality that the soil behind the existing retaining wall simply could not support the addition. Decking and stairways fan from the pylon, tying the house to the garden.

As well as changing an existing open-plan kitchen, dining, and living space into larger discrete areas, the design added a master suite, study, workshop, and decks to the lower level.

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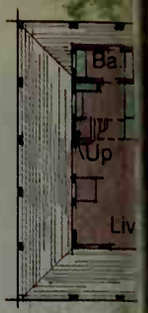
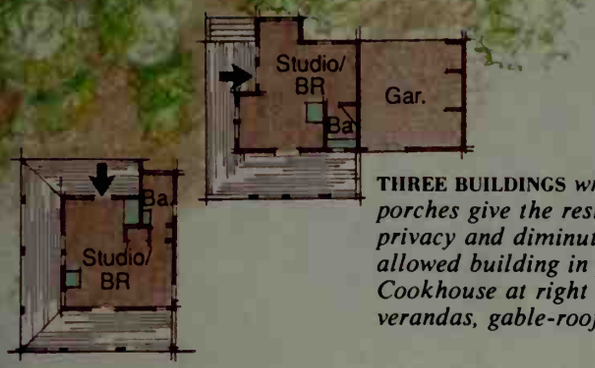
CITATION

■

ARCHITECT-OWNERS SUSAN BRAGSTAD AND JANE DUNCOMBE, AMADOR CITY, CALIFORNIA

Gold Country heritage, designed for the '90s





THREE BUILDINGS *wrapped with porches give the residence privacy and diminutive scale, allowed building in phases. Cookhouse at right has broad verandas, gable-roofed loft.*

A TRIO OF METAL-roofed buildings with board-and-batten siding pays homage to simple houses that sprang up in the surrounding area after gold was discovered at Sutter's Fort.

Juror Hood called this residence in California's Gold Country "the quintessential California ranch, with grapevine-covered porches wide enough to be comfortable outdoor rooms."

Simon gave it his highest praise: "I love this house. Of all the entries, it's the one I'd most like to live in. It has an easy grace, and is totally lacking in pretense. It is worth noting that the architects live here."

The architect-owners worked within a tight budget. Their three-piece design allowed construction to be done in phases—building by building—thus distributing costs over a longer period. The finished project shows a sensitivity to the surroundings, breaking down 3,100 square feet into separate elements that seem less massive, and in scale with older structures in town.

It's also a place that never forgets the climate. Hot foothill summers are tempered by an orchard planted before building began, and by broad sheltering roofs on east, south, and west sides. Vines cover many of the verandas, blocking direct sun and creating a soft green light. Carefully placed windows—mostly openable—and use of shutters also keep buildings cool.

In winter when vines are leafless, strategic cutouts in roofs allow sun to penetrate to windows. The division of space into discrete structures permits the three areas to be heated separately; heat comes mostly from woodstoves.

GLENN CHRISTIANSEN

COOKHOUSE CONTAINS *kitchen, dining and living areas, bath downstairs, workroom–guest quarters upstairs, and veranda (at left).*

EACH STUDIO *features Douglas fir floors and a wood-burning stove.*

AWARD OF MERIT

STEPHEN • SULLIVAN • ARCHITECTS, SEATTLE, FOR MICHAEL WILLIAMS AND GORDON COPRETTO

GLENN CHRISTIANSEN

Light, bright, clean, and uncomplicated townhouse

LIGHT, BRIGHT, *three-story townhouse juxtaposes living space and woodsy view. Its clean lines fit neatly into Northwest greenery.*

LIGHT POURS IN through two-story windows on the west—broken up in summer by the foliage of bigleaf maple, in winter by backlit sculptural branches.

Entry, living and dining rooms, and kitchen of this three-level house open to one another, sharing space and taking in the view. The living room soars to the roof. A master suite looks out over this area and through the tall windows. For privacy, a bedroom-study and laundry-workroom are tucked away at basement level.

"The stacking of living spaces, the segregation of private spaces, and the big trees on the lot make this 2,000-square-foot house a place where a family of four can live in the middle of the city and feel neither crowded nor urban," said juror Hull.

The townhouse is one of three in a row. Jones described them as "carefully thought out and beautifully detailed, showing far more care than most speculative buildings ever get."

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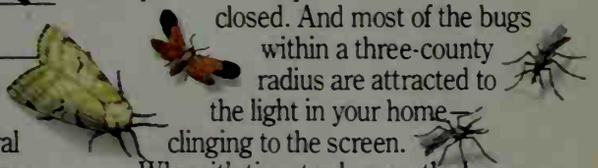

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CITATION

■

DANIEL SOLOMON AND JOHN GOLDMAN, SAN FRANCISCO

Polite to its Victorian neighbors

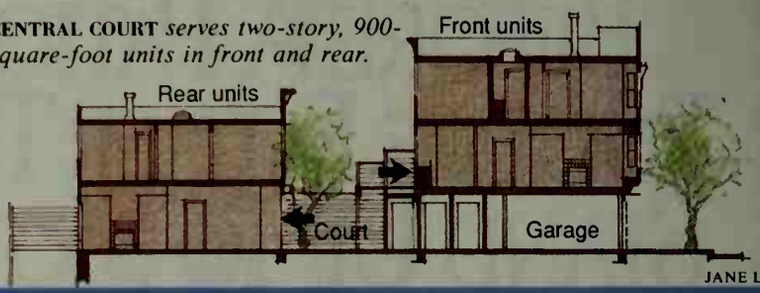
IN SAN FRANCISCO'S early days, developers often built small cottages at the rear of deep lots, saving the front portions for grander residences.

Designing in-fill housing for a neighborhood spared from urban renewal, the architects reworked this housing formula to maximize density and respond to the surrounding architecture.

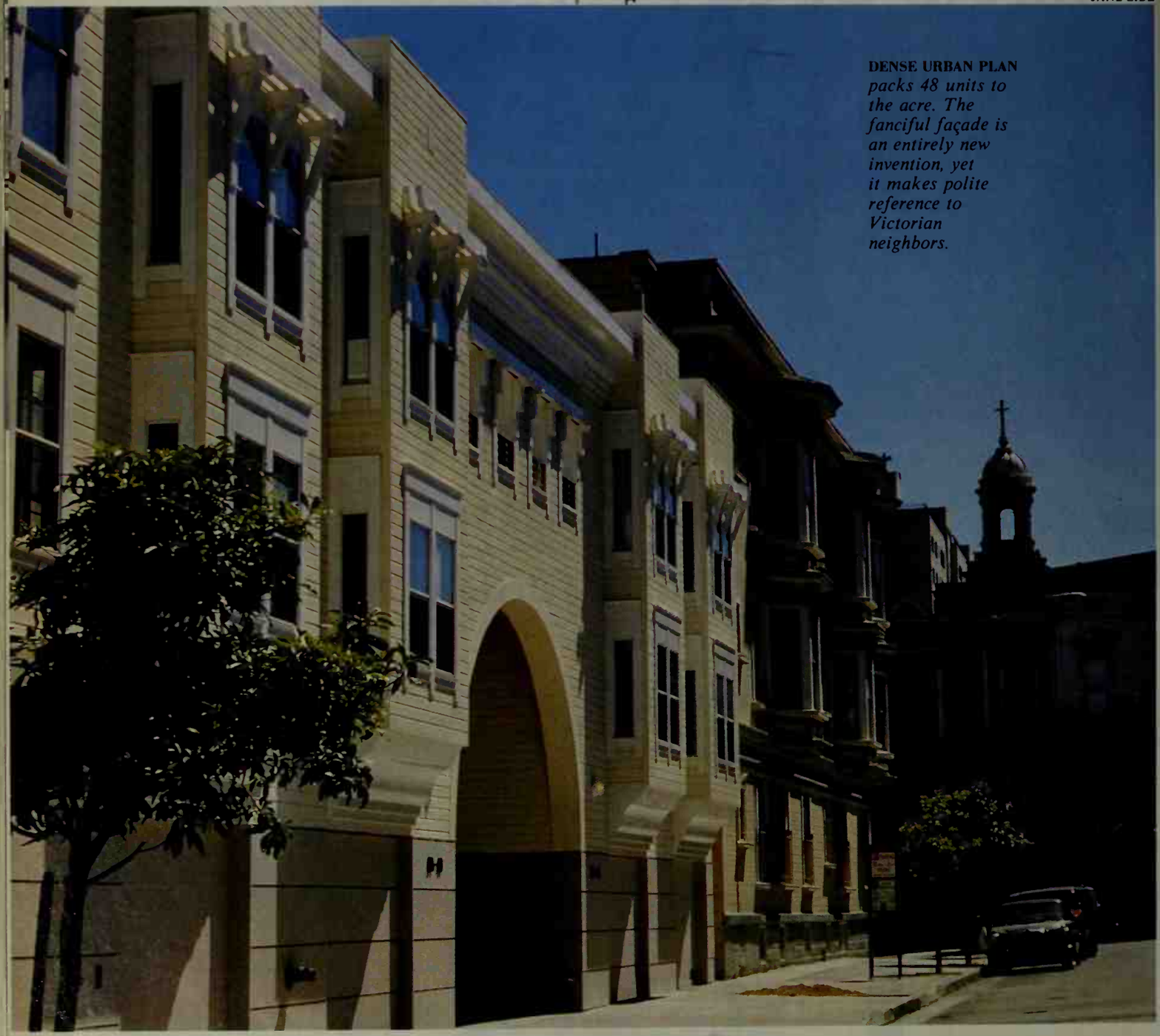
The appealing façade—with its bays, brackets, and eyebrow trellises—works "with and against its setting," says the architect.

While traditional in spirit, the plan breaks new ground. The townhouses fronting the street sit on top of a parking garage. A large, arched entry signals arrival, and, as juror Simon remarked, "offers a sense of grandeur for its residents."

CENTRAL COURT *serves two-story, 900-square-foot units in front and rear.*



JANE LIDZ



DENSE URBAN PLAN *packs 48 units to the acre. The fanciful façade is an entirely new invention, yet it makes polite reference to Victorian neighbors.*

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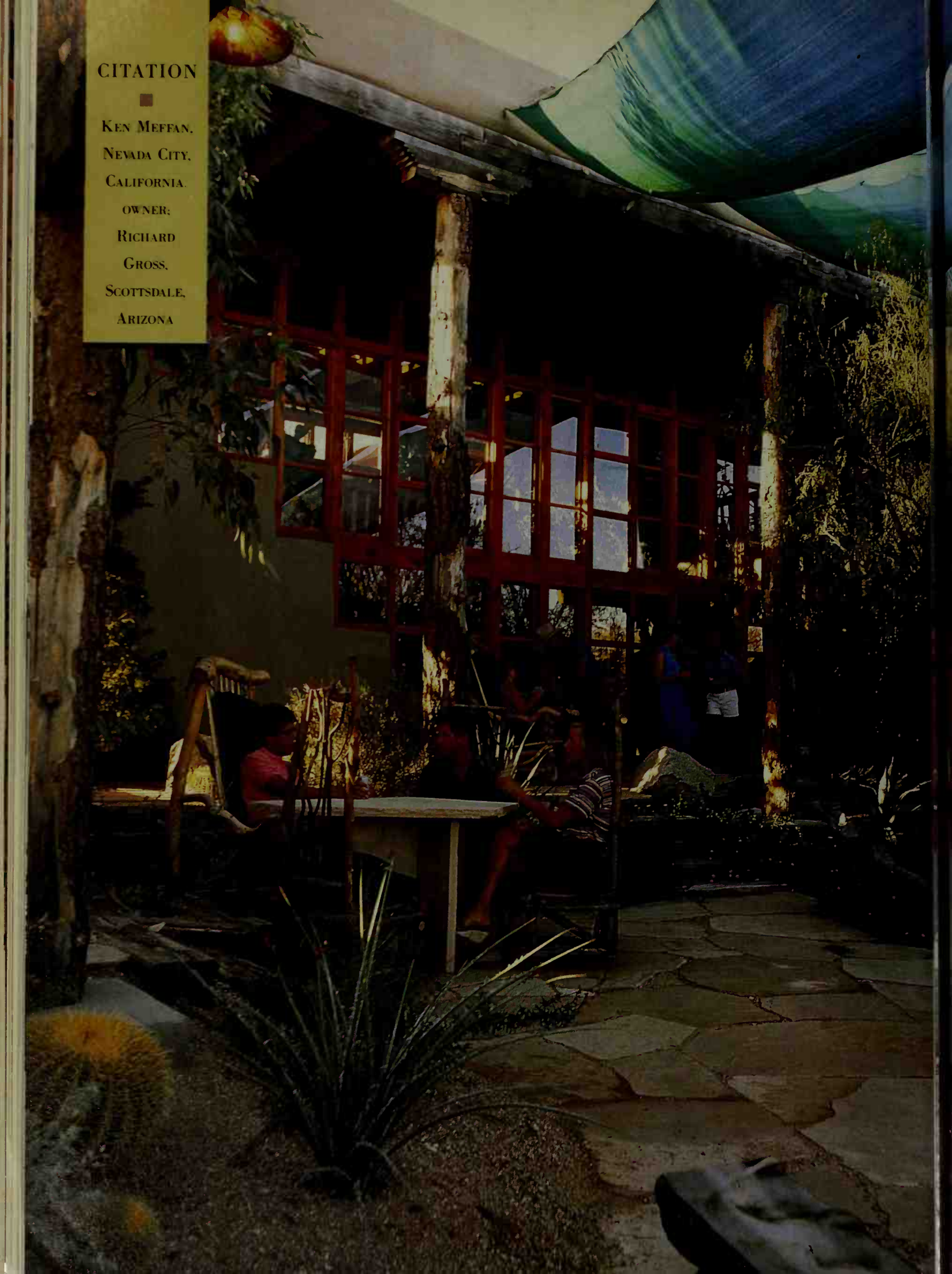


CITATION

KEN MEFFAN,
NEVADA CITY,
CALIFORNIA.
OWNER:
RICHARD
GROSS,
SCOTTSDALE,
ARIZONA

STEPHEN CRIDLAND

It tempers the desert climate. And it's fun

BY FAR THE MOST "organic" of the award winners, this house drew mixed reviews for its pueblo-style architecture, but few could deny the style is honestly expressed and "fun."

As juror Jones put it, "It's a good example of styled architecture being elevated beyond the cliché."

"The house doesn't take itself too seriously," added Morrall. "Its roughneck execution gives it charm, while the tall volumes and the way it opens to the garden add spatial excitement."

The house also goes a long way to temper the desert climate. Thick walls have stucco and foam over concrete block; a misting system runs in the afternoons; retractable skylights vent hot air; heavy masses of stone are used in the floor and fireplace. A fountain splashes near the entry, becomes a small stream and trickles toward the front door, disappears, then reappears at the other side of the house. All combine to lower the temperature.

Deep overhangs and shade-cloth awnings strung between the roof and a meandering wing wall also contribute to the oasis-like atmosphere.

The house feels larger than its 2,200 feet, thanks to wooden window walls on both levels that slide open to the garden, the scale of the timbers, and the two-story living room volume accentuated by a tall, stacked stone fireplace and sunken conversation pit.

PECOS PETE *meets Antoni Gaudí in this pseudo-pueblo house, handcrafted by the architect. Two-story entry porch reaches out to greet guests.*

TALL WINDOW WALL *and sunken seating make living room spacious but cozy at the same time.*

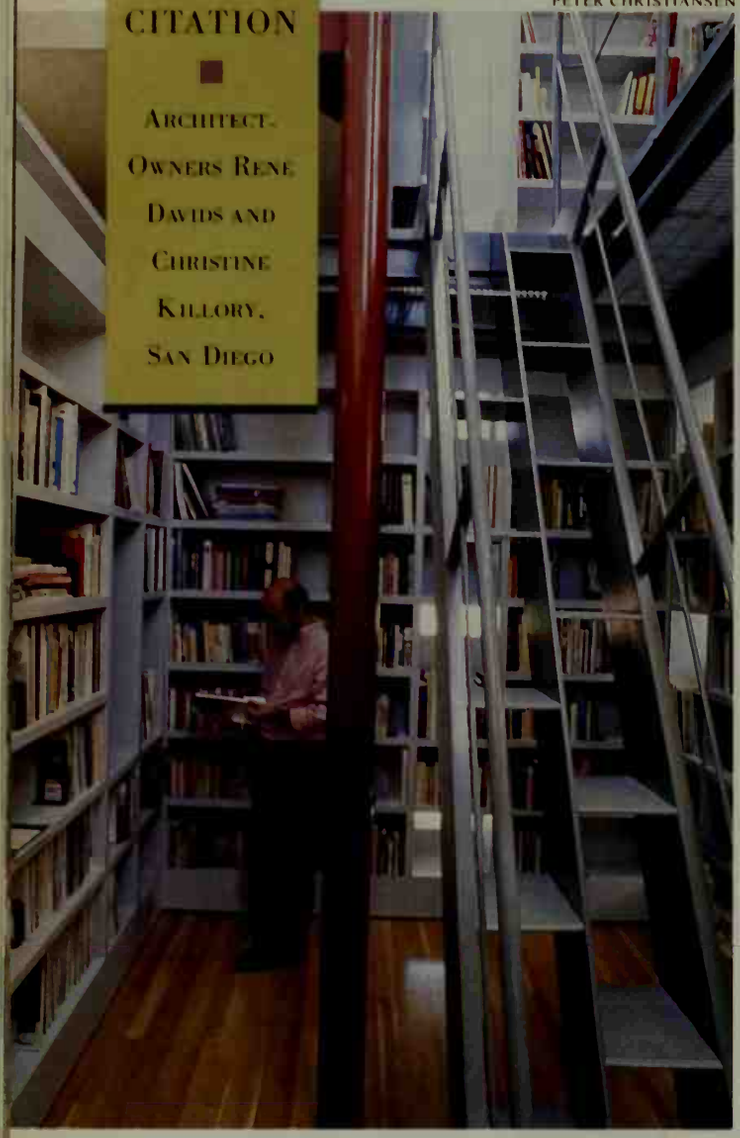
GREEN SHADECLOTH *(far left) drapes over south-facing area, creating oasis-like garden. In winter, it's pulled back so windows can collect solar heat.*

CITATION

■

ARCHITECT-OWNERS RENE DAVIDS AND CHRISTINE KILLORY, SAN DIEGO

PETER CHRISTIANSEN



Home office addition is a 19-foot book tower

RED STEEL POLE *supports elevated study. Bold hues and shapes create dynamic façade. Old bungalow (below) remains intact behind pink entry wall.*

FUNCTION AND FANTASY form an attention-getting combination in this library addition to the front of a small craftsman bungalow in San Diego. The jurors liked its fresh, colorful, and inventive spirit.

For the architect-owners, the functional requirement was to design a home office with more than 200 feet of shelving for books. Setback requirements limited the area that could be covered by new building, so they decided to go up with a compact two-story tower lined with bookshelves. A built-in desk occupies the large window bay at the top.

The result is an 11- by 13-foot-wide, 19-foot-tall book tower. At the center, an alternating-tread steel stair runs from the ground floor to a catwalk and cantilevered "reading room." Like a ladder—but easier to climb—the stair requires less space than a conventional flight of stairs. Heavy loads of books are carried up on a dumbwaiter. The tower and a new privacy wall across the house façade frame a new entry.

The element of fantasy appears in the way the tower and the wall have been composed as an abstract sculpture of interpenetrating lines and planes. The design, as juror Ehrlich observed, is "rooted in the early Southern California modernism of architects like Richard Neutra and Rudolph Schindler."

Hood saw even earlier influences: "It's like the tower on a Queen Anne Victorian. When you get up there, you are in your own world, a world of reading—the retreat into fantasy or intellectual life."

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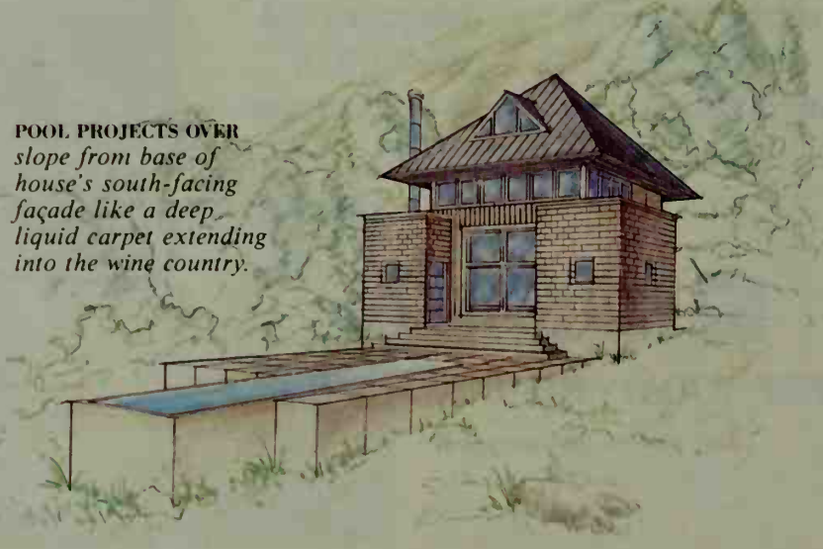
CITATION

Ross Anderson, Anderson/Schwartz Architects, for Mr. and Mrs. Ross Anderson, Sr., Rutherford, California

PETER CHRISTIANSEN

ARROW DORMER *and trellis-shaded entry walkway dominate north side of house.*

Small and simple, but it seems spacious



POOL PROJECTS OVER *slope from base of house's south-facing façade like a deep liquid carpet extending into the wine country.*

GEOMETRIC SIMPLICITY and effective, view-oriented siting at the edge of a hill won praise for this vacation house.

The 1,500-square-foot house—as basic in form as an old-fashioned box camera—is sandwiched between concrete-block ends, one containing a sauna, the other a fireplace. The camera's lens is the ground-floor living area's big window, focused on a dramatic rectilinear pool and view beyond.

The pool platform attracted special notice. Juror Jones admired its use as "a dynamic focal element," and Hood applauded the way "it reaches out to the landscape." In addition, jurors liked the thoughtful use of humble materials like plywood and concrete block. Goldstein summed up: "The house is small but seems airy and spacious."

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CITATION

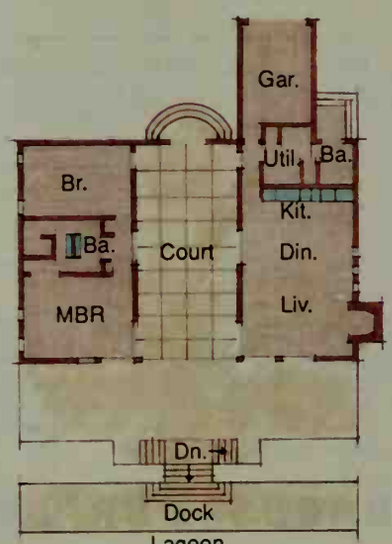
GEOFFREY ELLIOTT BUTLER, RICHARDSON-BUTLER ARCHITECTS, SAN FRANCISCO, FOR GIGI AND LAWRENCE GREEN

"Crossing the foggy courtyard feels like camping"

NORMAN A. PLATE

OWNERS SAY *courtyard is the most important room in the house.*

FRENCH DOORS *and skylights blur line between indoors and outdoors.*



CENTER COURTYARD *gives all rooms outdoor access; deck faces the water.*

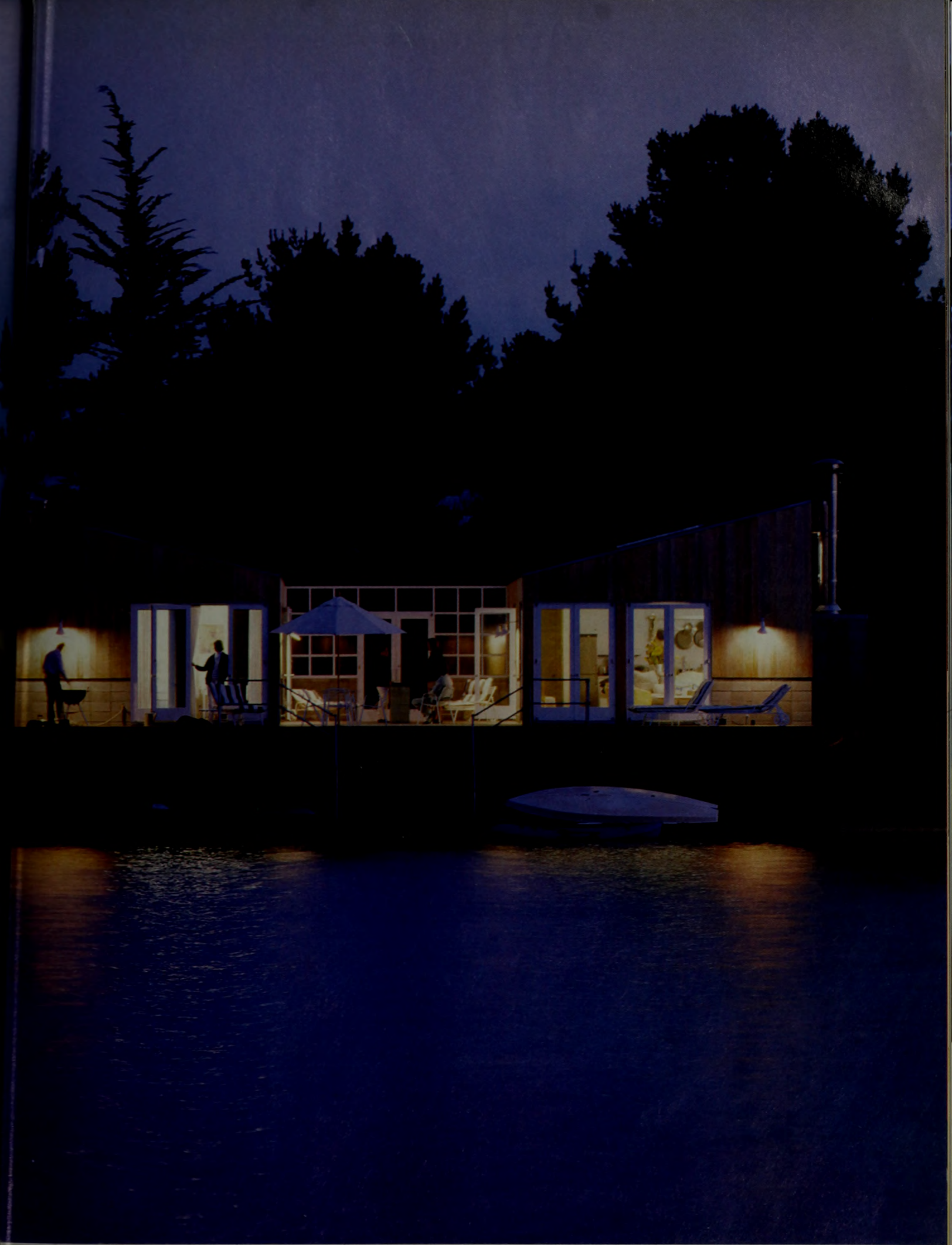
GATEWAY TO THE water": that's how juror Hull described this Stinson Beach vacation house that faces a lagoon. From the street, French doors in a wall of fluted glass open to a protected courtyard and the water beyond.

Seven sets of French doors open the flanking living and sleeping pavilions to the courtyard and deck, rendering the separation between indoors and outdoors nearly transparent.

The courtyard separates the two wings acoustically; this works well for the owners and their grown children, whose party and bedtime schedules don't always coincide.

Splitting the house in two "gets us in tune with the outdoors," says homeowner Lawrence Green, who devised the basic plan. "When we come up on weekends, we're ready for a different kind of experience. Leaving the fireplace at night and crossing the foggy courtyard to the bedroom feels like camping."

WING-LIKE SHEDS *shelter outdoor livin*



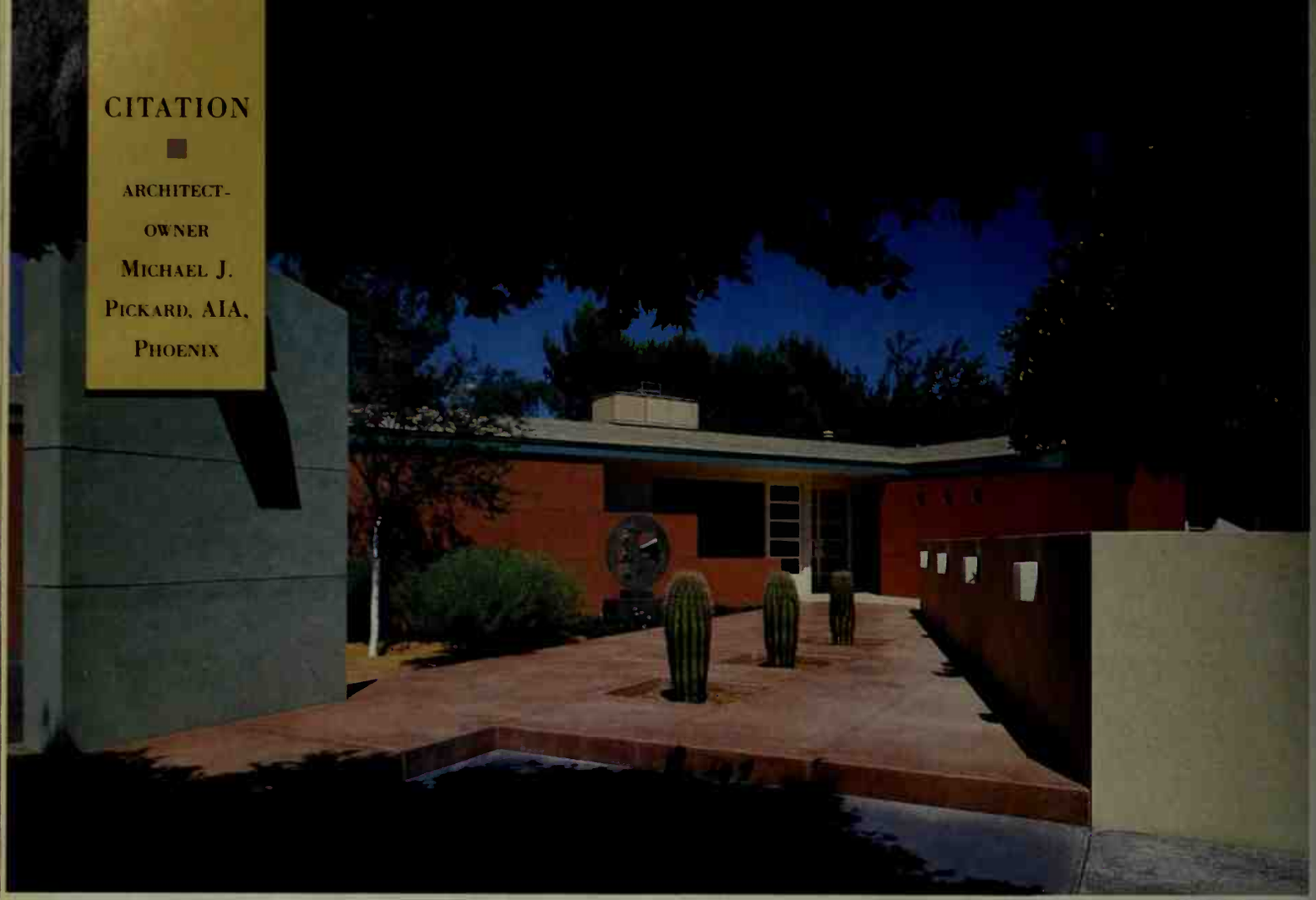
room that fans out into T-shaped deck. Double stair leads down to boat dock and lagoon.

CITATION

■

ARCHITECT-OWNER

MICHAEL J. PICKARD, AIA, PHOENIX

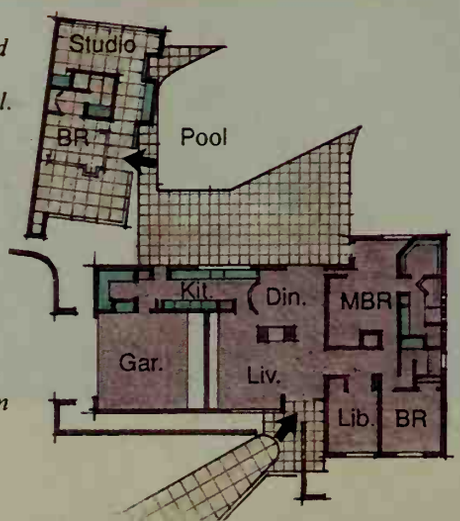


STEPHEN CRIDLAND

THREE CACTUS *and a series of walls show you the way to front door of remodeled ranch house.*

Same footprint, but gutted and reshuffled

NEW STEEL SASH, *crisp drywall, and wood floors lend contemporary feel.*



TWO-PART PLAN *puts guest-entertaining pavilion out by pool. Future expansion will be through bathroom at end of gallery.*

TYPICAL OF MANY ranch-style houses built in the '60s, this one was on a great lot with room for expansion, but it was dark and chopped up into too many small rooms.

The architect set out to transform it into a place that would suit him and his family. Staying within the original foundation, he gutted the entire house, reshuffled the plan, and refinished all interior surfaces. New gypsum board walls and ceilings and new beech floors went in throughout.

The results are, as juror Jones put it, "a dynamic transformation for very limited structural changes." And, he said, "finding architecture in the frequent and ordinary is commendable."

The architect also added a 775-square-foot recreational pavilion next to the existing swimming pool, reworked the entry–parking area, and replaced all the windows with custom steel sash.

Ehrlich commented, "A tract house without pedigree has been given a great sense of contemporary style."

Goldstein added, "The house was transformed from an ordinary series of closed spaces to an open, generous flow of rooms."

"One thing evident in the entry binder and confirmed during follow-up photography is the concern for detail," Morrall said. "This tailored house with clean lines and a taut finish belies its humble beginnings."

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GLENN CHRISTIANSEN

ALTERNATING SLATE PATTERNS *add a Japanese-inspired refinement to entrance path. Window wall brings lush courtyard into breakfast room.*

Ranch house remodeled with elegance and originality

CANTALOUPE-COLORED FIREPLACE WALL *dominates living room and creates a gallery-like backdrop for art objects. Opened-up ceiling and exposed rafters increase spaciousness.*

THE METICULOUSNESS of this remodel won the jury's respect. Juror Hood called it "a typical suburban tract house, adapted to current space needs with richness, elegance, and originality."

The owners, one of whom teaches piano at home, wanted more space and flexibility. The architects improved the traffic flow by removing walls between such major rooms as the study and the living room; now recitals can spread out into both rooms.

To make space for a new breakfast area and larger entry, the kitchen was moved to the side of the house. Front additions were wrapped around a garden to create an elegant entry courtyard; echoing what the Stinson Beach house owners said about their own courtyard (page 128), juror Simon called this area "the most important room in the house."

Inside, the living room's fireplace wall captures the most attention with a 16-foot-long free-form walnut mantelpiece and rough-cut Yosemite slate hearth by interior designer Gere Kavenaugh of Los Angeles, a former WHA juror.

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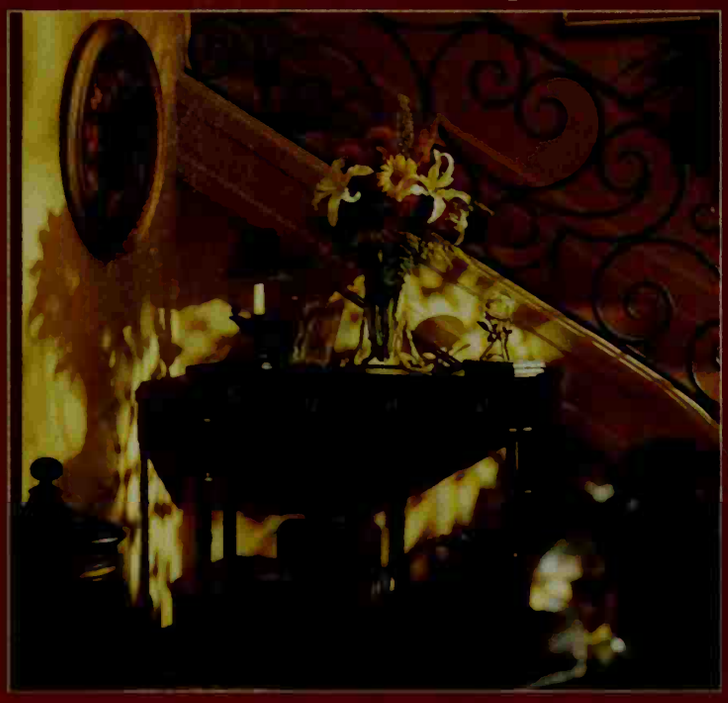

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CITATION

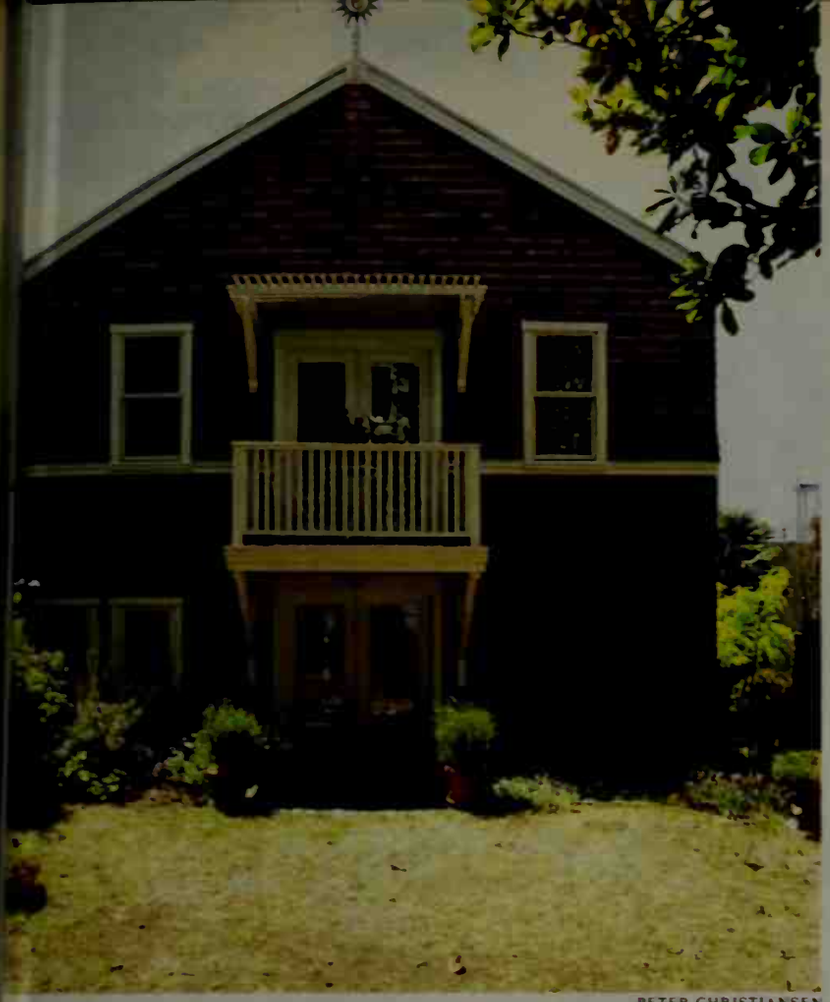
JACK DELLETT, SAN FRANCISCO, FOR JACK DELLETT AND DAN WORDEN

Modest cottage, bold remodel

A TRIUMPH OF MODesty was how juror Ehrlich described the remodel of this small, 24-foot-square, rear-yard San Francisco cottage. Goldstein felt that the design "provided the maximum space in the minimum envelope—it took a sow's ear and turned it into a silk purse."

Built as a temporary structure right after the 1906 earthquake, the two-story cottage had become so dilapidated that architect-owner Jack Dellett considered tearing it down. But the current planning code would have prevented building anything in its place, so Dellett concentrated on reorganizing the interior.

He replaced a ground-floor workroom and storage area with two bedrooms and a bath flanking a central entry. Upstairs, he put an airy living-dining area and kitchen in what had been four boxy rooms. He replaced the space-robbing roof trusses with a pair of 4-by-12 beams. This allowed the living room to rise the full height of the roof and left just enough room for a studio loft over the kitchen and dining room.



PETER CHRISTIANSEN

SHINGLES AND SYMMETRY *give this house a strong visual presence. Balcony above front door is off dining area.*

LOFT BALCONY *overlooks second-story living room. Ship ladders are made of steel rods painted black.*

RAISED LIMESTONE *hearth, wide mantel, and built-in bookshelves create a vivid focal point and display area for living room.*

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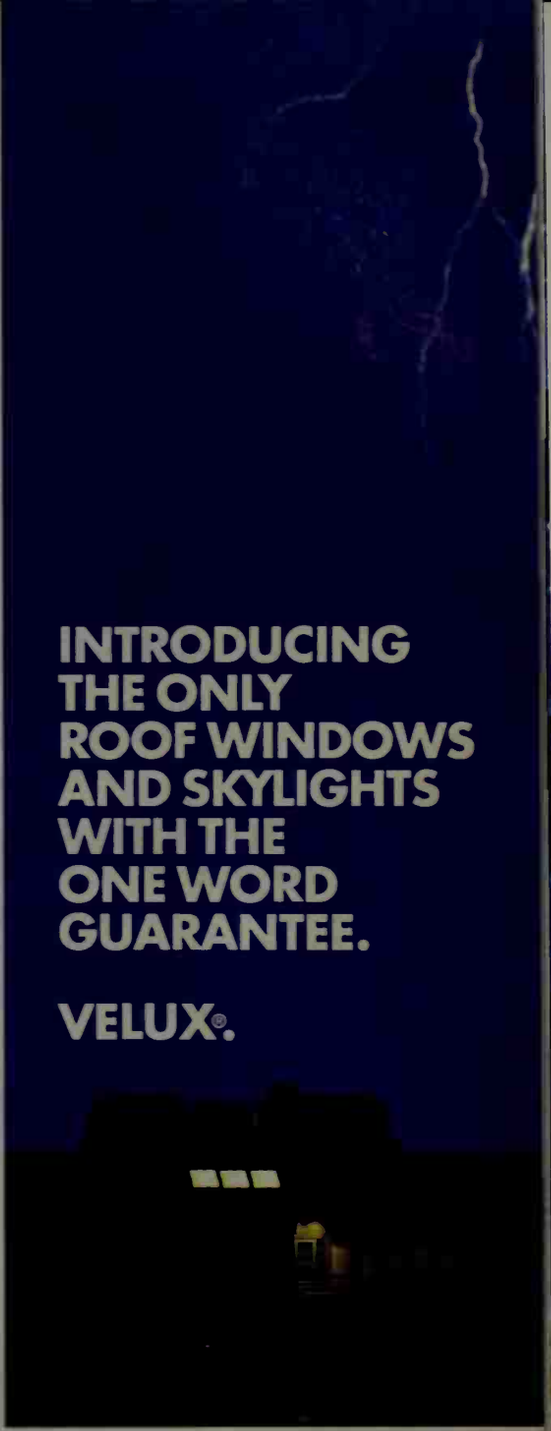

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SCOT ZIMMERMAN

ANGULAR PROW *of roof with skylit spine focuses house on distant views.*

Beyond Frank Lloyd Wright

We'll show more of this dramatic house in California's Central Valley in the November *Sunset*. One juror said it "owes much to Frank Lloyd Wright, but goes beyond the master."

The house is set on a bluff with vistas of the city to the south and the valley to the west. A south-facing deck with overhead protection points to the views and expands the living space beyond the house's 2,500 square feet.

CITATION

PELLECHIA OLSON ARCHITECTS, DENVER

LANGDON CLAY

LATTICE MASK *helps control sun on south side of two-story Rocky Mountain house.*

Colorado contemporary

Jurors liked the way this house "filtered light" and "combined old world formality with contemporary style." We liked it so much we decided to give you a better look at it next month.

This side of the house is wrapped with a screen. Its canted baffles temper summer sun while letting winter warmth penetrate deeply into the downstairs kitchen and upstairs master bedroom.

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6881 Monterey
GRASS VALLEY-Hedman Furniture
161 Mill St.
HANFORD-Hanford Furniture
7th & Douty
LAKEPORT-Curry Furniture
25 Main St.
HAYWARD-Crossroads Furniture
2 Bay Area Locations
MARINA (Monterey)-Furniture Mart
280 Reservation Rd.
MILLBRAE-Millbrae Furniture
1781 El Camino Real
MODESTO-Rest Area All Stores
2781 Plaza Park Way
JS West & Co.
820 H Street
NAPA-Allan & Benedict Furniture
815 Freeway Dr.
OAKLAND-Royal Furniture
1106 5th Ave.
PALO ALTO-Kraft Furniture
3567 El Camino Real
PETALUMA-Couches Etc.
109 Kentucky St.
PLEASANT HILL-Sleep Shop Limited
4 Northern California Locations
REDWOOD CITY-Grants Furniture
975 Veterans Blvd.
SACRAMENTO-Jon's Furniture
LaBries Sleep Centers
All 6 stores
The Sleep Train
All 6 stores
SAN FRANCISCO-House of Louis
Macy's-19 No. Calif. Locations
SO. SAN FRANCISCO-Plaza Interiors
359 W. Grand Ave.
SAN MATEO-Master Mart
32 East 25th Ave.
SAN RAMON-Home Furnishing Center
1985 San Ramon
SANTA CLARA-Epstern
1231 Comstock
SOQUEL-Furniture Warehouse
2701 41st Ave.
SUNNYVALE-Mancini's Sleep World
All Three Locations
SUSANVILLE-Robbins Furniture
2830 Main Street
VACAVILLE-Mattress Outlet
601 Orange Dr., Ste. E

NEVADA

CARSON CITY-Carson Furniture
3777 N. Carson St.
FALLON-Winans Yoder Furniture
5070 Reno Hwy.
MINDEN-Winans Yoder Furniture
1770 Hwy. 395
RENO-Gruners Furniture
115 E. Moana Lane

Announcing... Another American Original

An original stands out from the crowd. So come in and experience a Maxipedic by Simmons. For quality, comfort and value, no other open coil mattress line compares. See the great selection now at your participating dealer.

AAAHHHHHH

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FOR OPEN COIL BEDDING VALUE, IT'S AMERICA'S BEST.®

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Remodeler's secret: Thicken the walls

THESE EXAMPLES RELY ON WOOD FRAMING AND GYPSUM BOARD. THEY'RE GOOD-LOOKING AND PRACTICAL

Adding depth to a flat wall turns it into something sculptural, substantial, and practical. Depth implies a mass you'd associate with adobe or masonry walls, and artfully designed recesses create display or storage areas that can replace furniture or freestanding bookcases.

The thickened walls shown on these three pages rely on wood framing and gypsum board to create their forms.

PETER O. WHITELEY

DARROW M. WATT

Dining room cubicles

Along a 20-foot-long dining room wall, 12 symmetrically placed 38-inch-wide recesses flank a central fireplace. Each level has its own function. The top row contains 2-foot-square windows that vent heat on hot days; they also give privacy from the neighbors. Two middle-row niches, lined with slate tiles, serve as a buffet counter. The room's hardwood floor extends into the bottom recesses, which are used as storage bins. Architect: Brian Peters, Redwood City, California.

Seating nook

A slender window and down light brighten this 50- by 66-inch space that's part of a 24-foot-long living room wall. Light-stained fir forms the bottom of the alcove and the cabinets on each side. The cabinet tops remain on the same plane despite a two-step change of level. A shallow storage compartment hides beneath the lift-up seat of the alcove, which projects 12 inches beyond the 12-inch-deep bookshelves.

Each wall began with a second stud wall placed directly in front of or up to 2 feet from an existing wall. The opening shapes were framed into the new wall; supporting crossties then ran back to the existing wall.

This construction method creates hidden hollow spaces around the recessed areas. In the three thickest examples, there was room to build in down lights, which accent art or provide light for reading.

All the walls run from floor to ceiling and most of the width of a room, slightly reducing that room's overall volume. Yet, by helping to organize living spaces (and by reducing the need for furniture), sculptured walls like these reduce clutter. They integrate such elements as windows, doors, fireplaces, seats, book and display cases, counters, and even photographs. Openings can have straight, angled, or curved sides to best accommodate the forms of the objects they show. ■

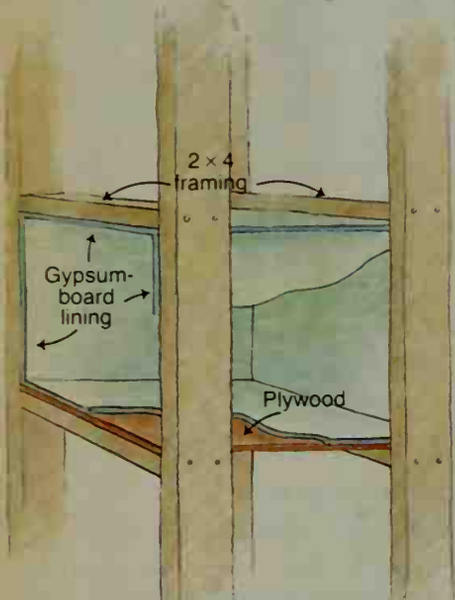
WILLIAM HELSEL

Depth for photographs

A wall along one side of a slender hall grew by just 3½ inches as it gained rectangular pockets for individual photographs. Each 37½-inch-tall display niche is washed by a ceiling-mounted down light.

Entry hall wall sized to art

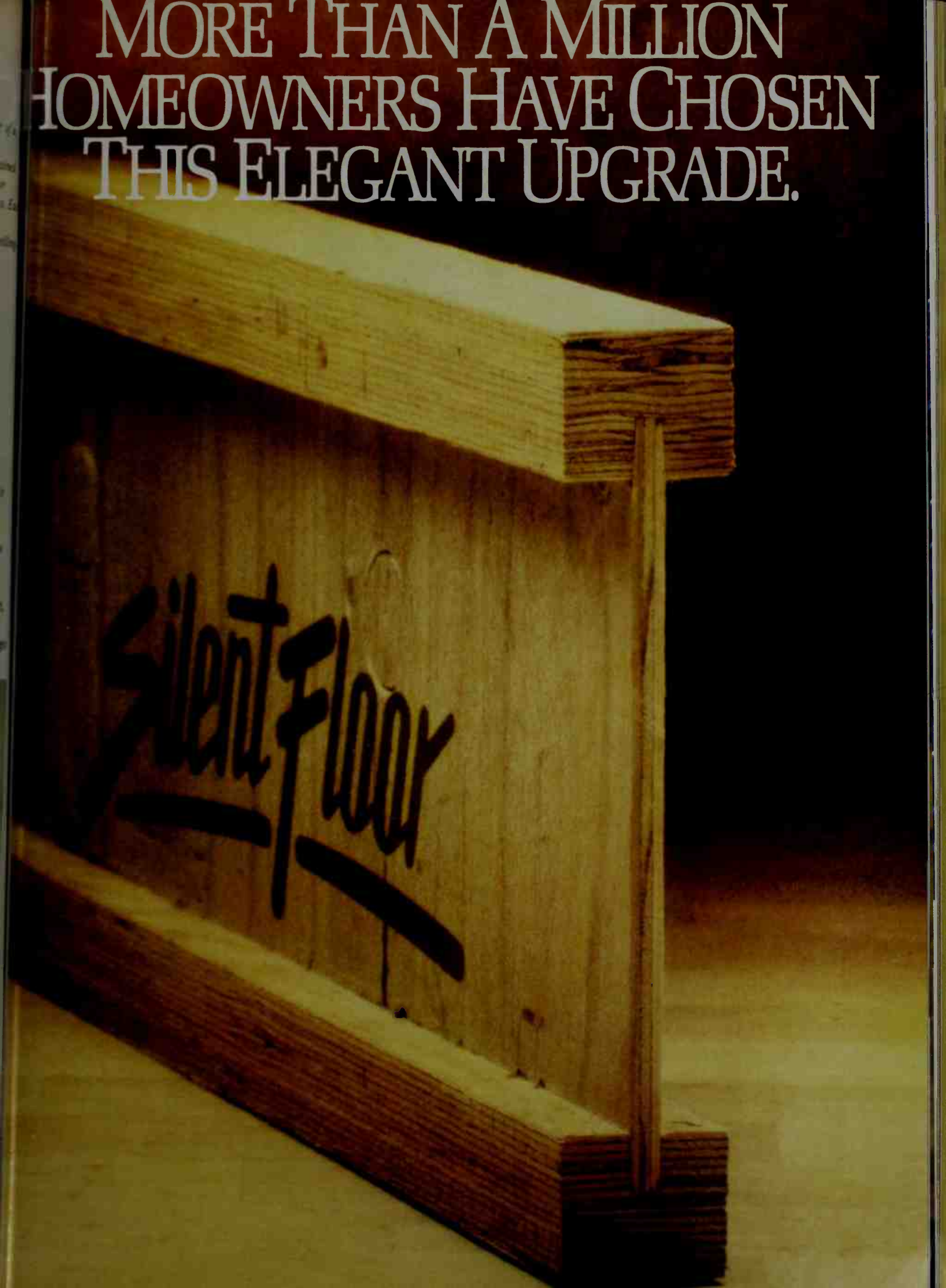
Inside the front door of Lois and Grant Chappell's house is an 18-foot-long wall with 17-inch-deep openings carefully sized to displayed objects. The wall wraps around a door, incorporates a heating duct, and contains low-voltage down lights. Architect: Viggo Mathieson, Sacramento.



Thick wall framing

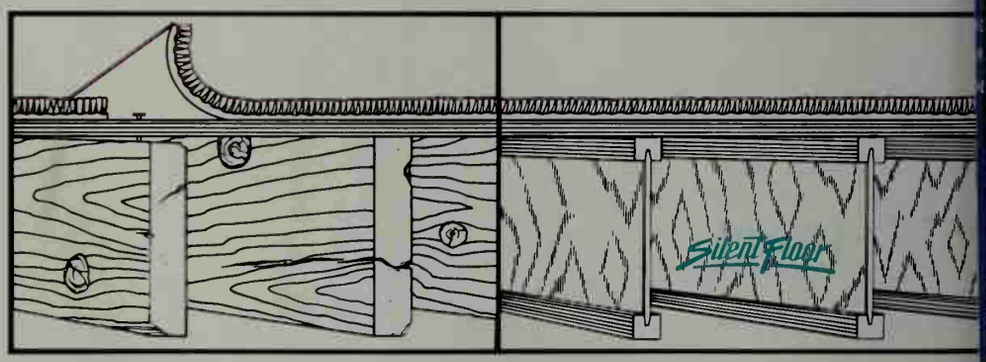
To make a double-thick wall like the one at right, a second stud wall is built in front of an existing wall. The front one ties to the rear with crossties and shelving. Gypsum board nails to the inside faces of each compartment. For larger openings, extra bracing is necessary.

More Than A Million Homeowners Have Chosen This Elegant Upgrade.



SQUEAKY, BUMPY FLOORS ARE A THING OF THE PAST. GUARANTEED.

Compared with Italian tile or hardwood cabinets, the Silent Floor® joist system* isn't much to look at. But if you've ever lived with bumpy, squeaky floors, we think you'll agree with more than a million other homeowners. The Silent Floor system from Trus Joist is a beautiful alternative to old-fashioned building materials.



When the floor separates from a warped or twisted joist you've got a problem. Step on that spot; the floor will squeak when it rubs against the nail.

The Silent Floor.
A better way to build a floor.

Ordinary lumber can warp, twist and shrink. When it does, the floor develops bumps. Dips. And squeaks. But the Silent Floor system is engineered to stay flat, solid and silent for the life of your home. Guaranteed.

As strong or stronger than old fashioned lumber.

Pound-for-pound, Silent Floor joists are a whole lot stronger than ordinary lumber. Just like steel I-beams, they can carry a lot of weight without a lot of mass.

Guaranteed for the life of your home.

Trus Joist invented the original Silent Floor joist more than 20 years ago. Since then it's been installed in more than 1 million homes. Which is why we can confidently guarantee that the Silent Floor system will never develop bumps, dips or squeaks for the life of your home.

Look for the Silent Floor logo. You'll find a quality builder.

If you're thinking of building or buying a new home, ask for the one and only Silent Floor system from Trus Joist. It's an easy and affordable step up. And it's a sure sign that the builder cares about quality on every level.

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*The Silent Floor system consists of TJI® joists and MICRO = LAM® L.V.L. beams.

The Changing Western Home

Electronics

A useless living room closet becomes a media room

Seeming at first a liability in Suzette LaPlant's Seattle living room, this ill-placed, undersize closet has found new life as a media center. Designer David Vaughn brought ample electrical service into the enclosure to service both the current TV-VCR setup and the owner's planned addition of a whole-house audio-video system.

Components sit on a shelf resting on wall cleats; below is a removable half-wall (where faces of additional components will be easily accessible).

STEPHEN CRIDLAND

Storage

Drain cabinet funnels drips to sink below

Designed to drain fine crystal, soft plastic, bulky pots, and other kitchen items you wash by hand, this cabinet takes the place of drain boards that gobble counter space. Movable vinyl-covered racks hide behind cabinet doors until you're ready to unload them; they can double as storage.

San Francisco kitchen designer Chula Camp scaled the 35- by 40-inch cubicle to cupboard doors chosen by homeowner Catherine Covey for her remodeled kitchen, then inserted a welded, watertight 14-gauge stainless steel box. Side and rear panels angle in at the bottom to direct runoff to the center of the sink below.

DOUG WILSON

Children

A panel door lies sideways to babyproof stair

The scary stairway off architect Jeff Saboda's West Seattle kitchen needed babyproofing. He turned a salvaged panel door on its side, then hung it like a barn door off the adjacent half-wall.

Half of the now 5-foot-"wide" door seals the 30-inch opening. Two wheels on the door's upper edge fit in a wall-mounted track; lower wheels run in a recessed guide.

NORMAN A. PLATE

Energy

HOW EFFICIENT ARE THOSE WINDOWS? READ THE LABEL

SHOP FOR APPLIANCES AND YOU can read those bright yellow labels to see how efficient they are compared with each other. In 1992, the same kind of comparative labeling will be brought to windows.

The labeling requirements are part of revisions to the California Residential Energy Code, commonly known as as Title 24. Though mainly geared to improving efficiencies in new housing, Title 24's aggressive standards also apply to remodels. Other states may follow suit, particularly with labeling guidelines.

Standardized tests developed for wood, vinyl, and aluminum windows will rate each according to U-value, an insulation indicator (like R-value in walls, except the lower the number the better). Inefficient windows (glass and frames) can still be sold, but the label will tell you they're inefficient.

The window numbers can be tossed into the calculations that every project has to come up with to show it meets Title 24. You'll quickly be able to determine which windows are most efficient, and which ones will fit your design — and the requirements of Title 24 — at the best price.

Details

SLIDING STEEL WINDOW CREATES INSTANT BALCONY

CALL IT THE "balconizer." This double-hung, steel-framed window turns one end of Alissa and Warren Roston's bedroom into an airy French balcony overlooking Century City.

The 7-foot-wide, 4⅔-foot-tall custom window is divided into two counterweighted 2⅛- by 7-foot sections that slide down below the sill on steel tracks. Closed, the top of one frame lines up with the bottom of the other. Design: Warren & Webb Architects, Culver City, California.

CHAD SLATTERY

Outdoor Living

HALF A TABLE AND A SCONCE CREATE THIS OUTSIDE OFFICE

NORMAN A. PLATE

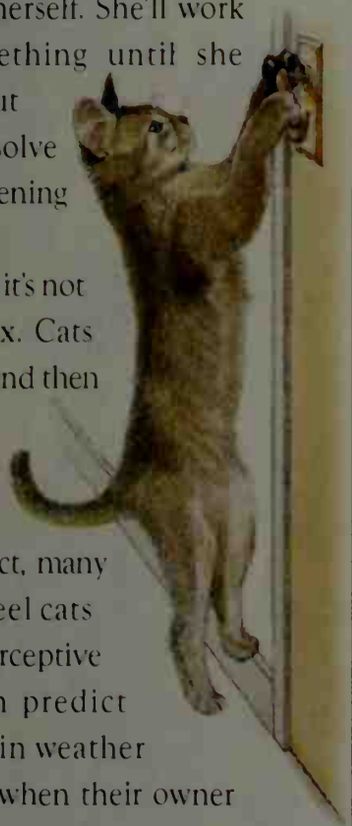
ON A BALMY TUCSON night, taking your paperwork outdoors can almost be an escape. To set up his simple office retreat, designer Richard William cut in half a drop-leaf table found at a garage sale, then mounted it to a 1-by-4 cleat set on a stucco exterior wall.

An opaque face sconce lights the wall and the tabletop without blinding the worker. The table leaf can still drop down flat against the wall; to add to the table's weather resistance, it's coated with exterior polyurethane.

ARE CATS SMARTER THAN DOGS?

CURIOSITY IS AN INTELLIGENCE TEST.

You can teach a dog. But a cat teaches herself. She'll work on something until she figures out how to solve it, like opening a door.



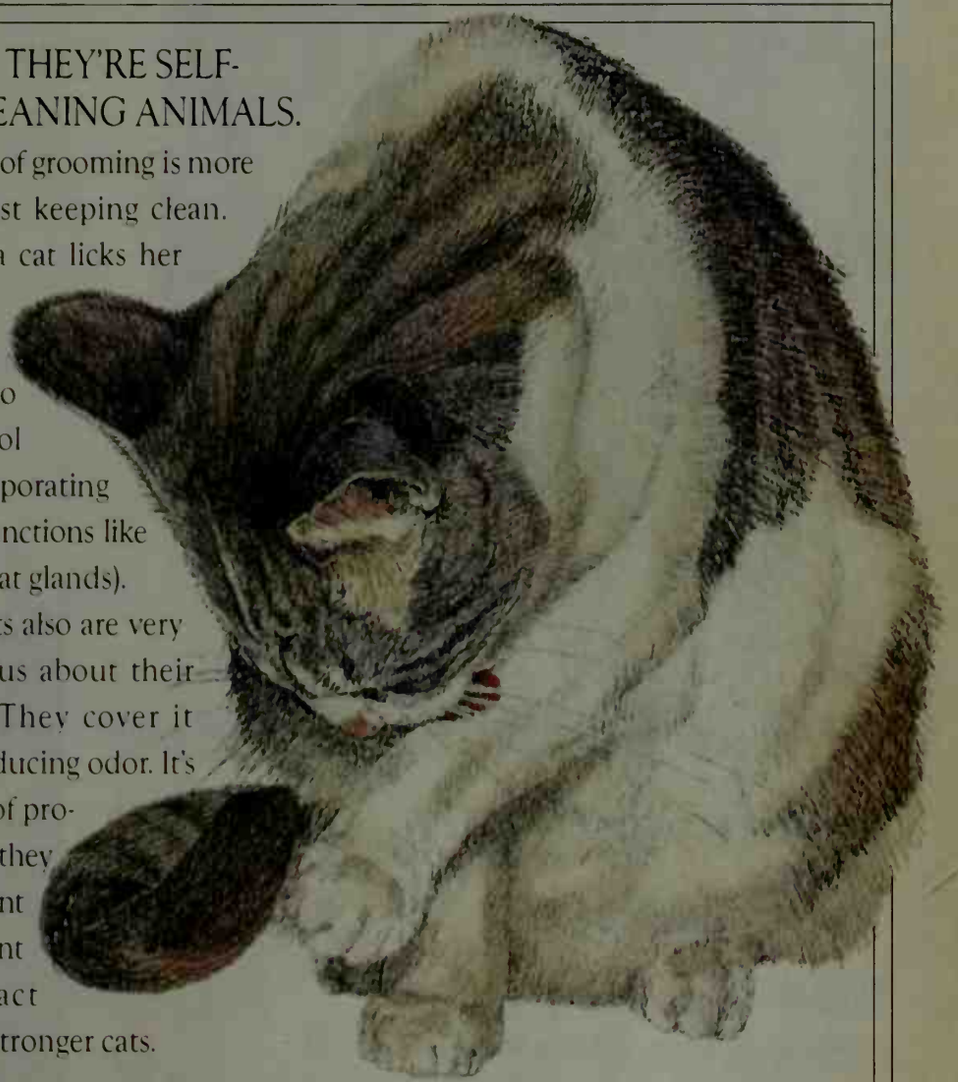
And it's not just reflex. Cats observe, and then act on information.

In fact, many people feel cats are so perceptive they can predict changes in weather or sense when their owner is going on vacation.

THEY'RE SELF-CLEANING ANIMALS.

The act of grooming is more than just keeping clean. When a cat licks her fur, she may be trying to keep cool (the evaporating saliva functions like our sweat glands).

Cats also are very fastidious about their waste. They cover it over, reducing odor. It's a form of protection; they don't want their scent to attract bigger, stronger cats.



THEY INSTINCTIVELY KNOW THEY NEED MEAT.

Many humans are cutting back on meat. Unfortunately, some try to impose the same diet on their cats. But we know cats are carnivores. They're supposed to eat meat.

However, the leading supermarket cat food is primarily grain and vegetable products, with very little meat. It isn't the same and your cat knows it.

That's why your cats should eat Iams Cat Food.® Iams contains more meat protein than the leading supermarket cat food.

But you won't find Iams at the supermarket. Iams is sold only at veterinary offices, pet stores, feed stores and other special places.

So, if you're in the market for the best cat food, get out of the supermarket.

For a free sample and valuable coupons worth over $4, call 1-800-255-4738. Ext. 220.

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TREAT HER LIKE A HUMAN.
FEED HER LIKE A CAT.

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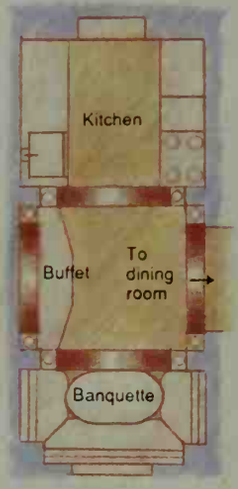
COZY BANQUETTE *gets morning light. At night, low-voltage spot creates intimate mood.*

DARROW M. WATT

ON REAR WALL OF KITCHEN, *backlit glass-front cabinet gives suggestion of a window.*

Four arches make over this 1925 kitchen

They divide separate spaces for cooking, dining, entertaining



GRADUATED SHADING *shows arches that define cooking, dining, and entertaining spaces.*

A SINGLE ARCH separating the kitchen and breakfast area in this vintage 1925 San Francisco townhouse inspired a multipurpose makeover.

The new owner, designer Ramsey Metcalf-Schow, wanted to make the long, narrow space attractive and workable for entertaining. The solution was to divide by three: the cooking area still occupies one end, but a new banquette fills the opposite end and a buffet area defines the space in between.

Picking up on the arch motif helped integrate the three-part room. With architect Henry Siegel of Emeryville, California, Metcalf-Schow used four arches to frame the square center space and visually separate the three areas. The arches rise above crisply detailed Tuscan columns with plenty of built-in storage under them.

Red oak floors used throughout the house continue into the kitchen. Siegel used the same wood for cabinetry, giving built-ins the look of fine furniture. ■

BUFFET'S *arch frames trompe-l'oeil seascape.*

The Calorie Free Sweetener That Doesn't Cause A Big Stir.

That's because Necta Sweet® tablets dissolve instantly in your favorite beverages. Without constant stirring. What's more, Necta Sweet costs less per serving than other leading sweeteners. So try Necta Sweet. You'll like us instantly.

[OVER $15 MILLION IN FURNISHINGS]

ONLY ROYALTY MAY EVER HAVE SEEN SUCH OPULENCE.

In 1915, Harriet Pullman Carolan, heiress to the Pullman Sleeping Car fortune, saw the completion of a 100 room mansion built to host kings, presidents and industry's elite.

Now you can see one of America's largest private residences decorated by over 60 noted interior designers with more than $15 million in period furnishings.

Indulge yourself in the unmatched elegance of the historic Carolands estate and gardens at the **1991 Decorators' Show House.** Visit the boutique to select gifts, holiday ornaments, and home accessories, and enjoy lunch in surroundings fit for royalty.

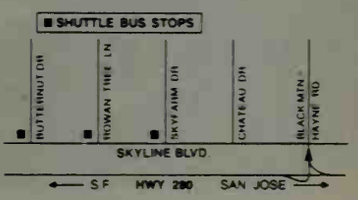
Experience an opulence shared by few and relive the splendor of America's Gilded Age.

Free shuttle service from parking area to the Decorators' Show House

September 10–October 20, 1991
Tuesday through Sunday:
10:00 am to 3:00 pm
Tuesday & Thursday evenings:
6:00 pm to 8:00 pm
Closed Mondays

INDIVIDUAL ADMISSION: $20
GROUP ADMISSIONS (in advance, min. 15 people): $17

For information, call (415) 342-0984. Sorry, not handicapped accessible.



THE CAROLANDS
1991 Decorators' Show House
Hillsborough, California

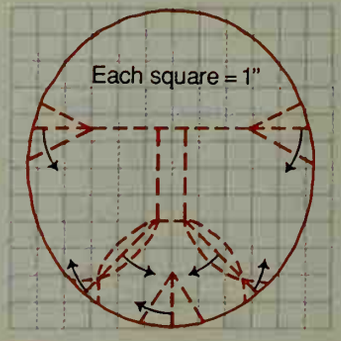
Presented by the Coyote Point Museum Auxiliary to benefit the Museum and its new Wildlife habitats in San Mateo

Fierce and friendly . . . easy and safe

Inspired by Caribbean carnival masks, these are made with wire screen. They're easy to see and breathe through

THESE EERILY TRANSLUCENT WIRE-SCREEN MASKS give the spooky illusion that two faces are peering at you at once. While your eyes focus on the painted or decorated features on the screen's surface, you also see through to the wearer's face.

Each mask starts as an oval cut from hardware cloth screening, which has an ⅛-inch grid made of 27-gauge wire. (A 36-inch-wide roll costs about $2.25 per foot.) Check at several building supply stores to find the most pliable hard-



1 **CUT OVAL** *shape. Dashed lines show position of folds for "darts" and nose.*

2 **PINCH** *and fold darts on outside. Hammer them flat from inside.*

ware cloth (some seems stiff). It should be supple enough to bend by hand but sturdy enough to hold its shape.

Following the steps below, cut out and form a mask to fit your face. To create three-dimensional features, you'll need wire cutters, a tack hammer or small ball peen hammer, and a scrap of 1-by-8. Use colored masking tape to cover raw edges and add details. To give shapes more definition, weave pipe cleaners and yarn through the screen or apply contact paper. Use a foam brush to lightly daub paint onto screen. ■

PETER CHRISTIANSEN

3 **SHAPE NOSE** *on edge of wood. Use fingers to contour facial features.*

4 **TRIM EDGE** *with short pieces of masking tape. Fold over and hammer flat.*

5 **DECORATE** *after marking positions for eyes. Add two lengths of yarn to tie mask on head. At this mask-making party, adults helped younger guests with cutting the wire.*

CHAD SLATTERY

WITH NO VISIBLE *means of support, streamlined plywood wedges cantilever from wall in staggered lengths.*

Sleek shelves with humble beginnings

Start with plywood sheets and a table saw

THESE SLEEK, WEDGE-shaped shelves belie their humble beginnings in sheets of ½-inch plywood.

To build similar shelves, you'll need a table saw for cutting the plywood to dimensions shown. For the back and the three-part mounting rail, cut two strips 5 inches wide and as long as you want (less 1 inch for the ends, or ½ inch if your shelf will abut one wall, as in the photograph).

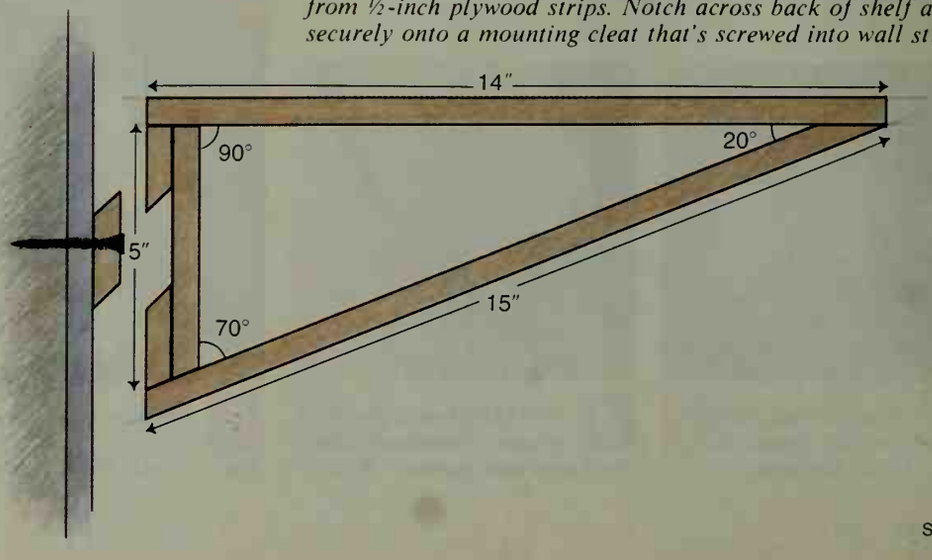
With the saw blade set at 45°, rip the rail strip into thirds. Glue and clamp the top and bottom strips to the shelf back, positioned as shown in the diagram; the center strip will mount to the wall. Once dry, rip the bottom edge at a 70° angle.

Next rip a top 14 inches wide and a bottom 15 inches wide. Then rip the bottom at a 20° angle at one end and a 70° angle at the other. Glue and clamp the three parts together. When dry, use the end profile as a template to mark and cut the triangular ends. Glue and clamp the ends on, then fill, sand, and prime. These were given two coats of gloss enamel.

Screw the mounting strip to the wall studs with two 2-inch-long woodscrews into each stud, then slip the shelf over it.

Design by Joseph Terrell, Los Angeles. ■

END VIEW OF SHELF *with side removed shows hollow wedge made from ½-inch plywood strips. Notch across back of shelf attaches securely onto a mounting cleat that's screwed into wall studs.*



Can the Rush of Technology Help Define What a Luxury Car Should Be?

Lincoln

Did An Accident of Nature Make It The Quietest Car You Can Own?

Among the most purely enjoyable of all the comforts Lincoln owners enjoy is the sense of hushed calm that envelopes the passenger cabin of Lincoln Town Car. The quietest automobile you can own. Yet the satisfaction of Town Car occupants may well be exceeded by the satisfaction Lincoln engineers take in having achieved this premier rank. Because it was only through years of painstaking research in body/chassis isolation techniques, noise control, drivetrain design and multiple other technologies that this feat was accomplished.

And unlike research in handling and performance, there were few models to follow. Genuine breakthroughs were required. Breakthroughs that include an advanced overhead-cam V-8 engine which operates with uncanny silence and smoothness. And helps place today's Lincoln Town Car among the most fuel efficient ever built.* Yet another Lincoln engineering achievement that was no mere accident of nature.

*See your Lincoln-Mercury dealer for 1992 EPA mileage estimates which were not available at press time.

Lincoln Town Car

When Three Microprocessors Talk To Each Other, What Do They Talk About?

Computer conversation: It could be about something as ordinary as wheel speed or as esoteric as steering angle rate of change. Or any of thousands of bits of electronic information that help make Continental one of the world's most capable and comfortable luxury cars. Consider for example, Continen EEC-IV drivetrain core computer–the same system that regul the powerful engine of the Benetton/Ford Formula One race ca Continental, EEC-IV controls all vital engine functions incluc fuel injection and ignition timing, then coordinates engine ope tion and electronic transmission shifting for a near seamless fl of power. Further enhancing this smooth sensation of driv

se is a computerized suspension system. Here, dual-rate gas ssurized shock absorbers and air springs are electronically gulated to optimize ride and handling. The result is a reassuring nse of confident control and an extraordinary sense of riding mfort. To this, add the stability of computer-controlled four- heel disc anti-lock braking (ABS). The precision of computer- gulated speed-sensitive power steering. The peace of mind of a driver- and passenger-side air bag Supplemental Restraint System. Add, in brief, a keenly proficient array of microprocessor-managed driving systems. Systems that help make Continental one of today's most advanced luxury cars. Something well worth talking about.

LINCOLN CONTINENTAL

Can A Computer Pull The Kinks Out Of A Tightly Wound S-Curve?

Ahead: a tightly wound S-Curve. You pass the thick, leather-covered steering wheel through your fingertips. Because its four air springs are regulated by a computer, your Mark VII is poised for optimum handling. And it responds with exactitude, slicing toward the apex of the first turn. You rotate the steering wheel in the opposite direction, and your Lincoln grips the pavement with tenacity. Sweeps smoothly out of the turns. Should loading of the trunk or cabin alter Mark VII's balance, the computer will adjust the air springs accordingly, maintaining the best attitude for optimum handling. All you feel is supremely confident. And supremely comfortable. Because the same suspension innovations that make Mark VII such an athletically agile machine give it a sumptuous ride. A seeming contradiction made possible only through the intelligence of computer controls and the determination of Lincoln engineers.

Lincoln Mark VII

COULD TOMORROW'S MOST ADVANCED LUXURY CAR BE HIDDEN IN DETROIT?

They say somewhere near Detroit there's a stunning new luxury coupe packed with some of the world's most sophisticated hardware and the world's most inviting accommodations. And they say that it's the next Mark from Lincoln. All of which gives rise to another question: Will the next Mark redefine the very category it represents? The next Mark. From Lincoln.

LINCOLN WHAT A LUXURY CAR SHOULD BE.

For more information on the 1992 Lincolns, call 1-800-446-8888.

LINCOLN MERCURY DIVISION Buckle up—together we can save lives.

Dear Sunset Reader!

We're looking for the *Best of the West*. Interested in helping us? *Sunset* is putting together an idea bank for Western living in the '90s. To compile this resource on all that's special, different, and just plain great about living in the West, we're calling on the West's experts—our readers. Will you drop us a note, send us some snapshots?

Here are some ways you can contribute right now (there will be other ways in future issues). Please answer one or more of the following questions.

Travel

What's your favorite part of the West? Tell us about experiences you've had there.
What's your favorite scenic drive?
Do you know a great bike trip?

Garden

What's the best-tasting tomato you've grown?
What's your best water-saving trick?
Do you have a great compost system?

Building

What's the best project you've built or had built? Right now, we'd like to hear about decks, doghouses, and playhouses.

Food

What's your favorite way to barbecue beef, lamb, or salmon?
What about a favorite fresh fruit dessert?
Tell us how to make the perfect margarita.

If you'd like to be part of our Best of the West project, please write to Best of the West, *Sunset Magazine,* 80 Willow Rd., Menlo Park, Calif. 94025.

October Menus

FOR FAMILY AND FRIENDS . . . QUICK, SEASONAL, AND BUDGET-WISE

As frostier days and nights arrive, put your oven to work to create speedy, handsome, warming meals. Menus focus on autumn produce and heartier fare. Inspiration comes from the West's rich culinary heritage, blending the flavors of Asia, the Americas, and Europe.

CITY LIGHTS SUPPER (at right)
Just 30 minutes in the oven and glazed game hens are ready to serve. Elegant but easy meal for six features Asian-styled foods cooked simply.

PORK DINNER BRAZILIAN-STYLE (page 162)
While the garlic- and spice-coated roast sizzles, take 10 minutes to finish this menu for six.

BREAD PUDDING BREAKFAST (page 164)
Homespun 30-minute pudding with pecans and spiced pumpkin custard makes a family treat.

THE DETAILS

Candle Bowl

Steady, wide dripless candle glows in autumnal lacquer soup bowl.

Bento Salad Box

Serve salad in a small Japanese lunch box that's lacquered, plastic, or metal.

Sake Savvy

Pour warm or chilled sake from pot or bottle. Sip from cups or traditional box.

Steamer Server

Cook and serve sweet dumpling squash in a Chinese steamer basket.

GLENN CHRISTIANSEN

CITY LIGHTS SUPPER

Glazed Game Hens
Sweet Dumpling Squash with Peas
Green Salad
Onion Brushes
Tortilla Sticks
Sake
Baked Pears in Ginger Syrup

Let the oven do the lion's share of the work for this menu. First bake rolled flour tortillas to crisp. Game hens and dessert pears share the oven next, while miniature squash steam on the range; give the squash a 10-minute head start. The pears finish baking as you eat dinner.

While foods cook, anoint purchased mesclun salad mix with your favorite dressing and make onion brushes. Cut 12 green onions into 4-inch lengths. Make narrow, parallel cuts about 2 inches long from the bulb end.

Glazed Game Hens

- 6 small (1¼ to 1½ lb. each) Rock Cornish game hens
- 2½ teaspoons grated tangerine or orange peel
- 2 cups tangerine or orange juice
- 2 tablespoons cornstarch
- 3 tablespoons hoisin sauce or soy sauce
- ½ teaspoon crushed dry hot red chilies

Remove giblets from hens and save for other uses. Rinse birds and pat dry. Place birds breast up in a shallow 12- by 15-inch pan.

Mix tangerine peel, juice, cornstarch, hoisin, and chilies; pour evenly over birds. Bake in a 450° oven, basting every 10 to 15 minutes, until meat is no longer pink at thighbone (cut to test), 30 to 40 minutes. Place birds on warm plates. Skim fat from sauce; pour sauce into a bowl. Spoon onto birds to taste. Serves 6.

Per serving: 655 cal.; 69 g protein; 34 g fat (9.5 g sat.); 13 g carbo.; 461 mg sodium; 220 mg chol.

GLENN CHRISTIANSEN

EASY-TO-CARVE *roast pork with kale and golden hominy is quick to organize on a busy week-night.*

Sweet Dumpling Squash with Peas

Season vegetables with some of the game hen sauce.

- 6 sweet dumpling squash (8 to 10 oz. each)
- 2 packages (10 oz. each) frozen petite peas

Deeply pierce squash in several spots. Set on a rack above about 1 inch water in a wok or 6- to 8-quart pan. Cover pan and bring water to a boil; steam until pumpkins are tender when pierced, 20 to 30 minutes.

Place peas and ¼ cup water in a 1½- to 2-quart pan. Stir often over high heat until hot, 5 minutes. Drain; keep warm. Protecting hands, cut off squash tops. Scoop out seeds; fill with peas. Set tops on peas if desired. Serves 6.

Per serving: 131 cal.; 5.8 g protein; 0.5 g fat (0 g sat.); 29 g carbo.; 132 mg sodium; 0 mg chol.

Tortilla Sticks

- 12 flour tortillas (10-in. size, 20 oz. total)
- Salt

Dip tortillas, 1 at a time, in water and drain briefly. Season to taste with salt. Loosely roll each into a cylinder and fasten with toothpicks.

Place tortillas on 2 greased baking sheets, each 12 by 15 inches. Bake in a 500° oven until bottoms are golden, 4 to 6 minutes. Turn tortillas over, switch positions of pans, and bake until tortillas are crisp and deep golden, 3 to 5 minutes longer. Remove toothpicks. Serve warm or cool. Makes 12.

Per piece: 150 cal.; 4.3 g protein; 0.4 g fat (0 g sat.); 31 g carbo.; 275 mg sodium; 0 mg chol.

Baked Pears in Ginger Syrup

- 6 medium-size (2½ lb. total) firm-ripe Bosc or Bartlett pears
- ¾ cup water
- 1 tablespoon lemon juice
- 2 tablespoons sugar
- ⅓ cup minced crystallized ginger

Trim bottoms of pears, if needed, so they will sit upright. Fit pears snugly in a shallow 1½- to 2-quart baking dish, such as an 8-inch-square pan. Mix water and lemon juice; pour over pears. Sprinkle fruit with sugar.

Bake in a 450° oven for 30 minutes. Baste pears with pan juices and sprinkle with ginger. Continue baking pears at 400°, basting occasionally, until they're tender when pierced and richly browned, 30 to 45 minutes longer. Offer warm or cool. Serves 6.

Per serving: 167 cal.; 0.7 g protein; 0.7 g fat (0 g sat.); 43 g carbo.; 9 mg sodium; 0 mg chol.

PORK DINNER BRAZILIAN-STYLE

Spiced Pork Roast
Wilted Kale
Hasty Hominy
Ale or Orange Juice
Vanilla Ice Cream
Pineapple

Typically Brazilian seasonings of garlic, cumin, and oregano coat this pork roast. It cooks unattended, leaving you plenty of time to prepare the kale and hominy.

Rinse and chop the kale, wilt it briefly in a big pan, and stir in green olives and onions. The hominy couldn't be simpler—just warm it out of the can with herbs and a little olive oil.

Ice cream with fresh or canned unsweetened pineapple makes a satisfying, sweet-tart dessert.

Spiced Pork Roast

- 1 small, boned center-cut pork loin roast, 2 to 2½ pounds
- 1 tablespoon cumin seed
- 1 teaspoon black peppercorns
- 1 tablespoon dry oregano leaves
- 3 large cloves garlic, minced or pressed
- Wilted kale (recipe follows)

Trim most of the fat from pork, leaving a thin layer. With a mortar and pestle or in a blender, coarsely crush cumin seed and peppercorns with oregano. In mortar or a bowl, combine seasonings

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with garlic. Pat mixture all over pork. Shape meat into a neat log, then tie securely in several places with cotton string.

Place the roast, fat side up, on a rack in a 12- by 15-inch roasting pan. Roast in a 375° oven until a thermometer inserted in the thickest part of the meat registers 155°, 45 to 55 minutes. Put the meat on a platter. Remove strings and keep the roast warm.

Remove pan rack. Skim and discard fat from drippings. Add ½ cup boiling water to pan; stir to loosen browned bits, then add juices to kale. Offer meat with kale. Serves 6.

Per serving: 251 cal.; 34 g protein; 11 g fat (3.8 g sat.); 1.8 g carbo.; 102 mg sodium; 95 mg chol.

Wilted Kale

- ¾ pound kale, rinsed and drained
- ½ cup thinly sliced green onions
- ½ cup drained Spanish-style pimento-stuffed olives, sliced
- Meat juices from roast pork (recipe precedes)

Trim tough stems from kale, then coarsely chop leaves. Place kale in a 5- to 6-quart pan with ½ cup water. Cover and bring to a boil over high heat. Reduce heat and simmer until kale is wilted, about 3 minutes.

Stir in onions, olives, and meat juices. Serves 6.

Per serving: 44 cal.; 2.2 g protein; 1.8 g fat (0.2 g sat.); 6.3 g carbo.; 297 mg sodium; 0 mg chol.

Hasty Hominy

- 3 cans (15 oz. each) hominy, drained
- 2 tablespoons olive oil
- 1 teaspoon dry oregano leaves
- Salt and pepper

In a 10- to 12-inch frying pan over medium-high heat, frequently stir hominy, oil, and oregano until the hominy is hot, 3 to 5 minutes. Add salt and pepper to taste. Serves 6.

Per serving: 194 cal.; 3.2 g protein; 6.4 g fat (0.9 g sat.); 30 g carbo.; 447 mg sodium; 0 mg chol.

GLENN CHRISTIANSEN

PECAN-TOPPED *bread pudding, baked crisp, swims in warm, velvet-smooth pumpkin custard sauce.*

BREAD PUDDING BREAKFAST

Cinnamon Bread Pudding with Pumpkin Custard

Pork Sausages

Golden Delicious Apples

Earl Grey Tea

Sweetly spiced bread pudding bakes with just enough egg and milk to hold it together. While the pudding cooks, stir pumpkin custard in a double boiler, brown sausages, and make tea.

Cinnamon Bread Pudding with Pumpkin Custard

- 8 to 10 ounces day-old crusty sourdough bread, unsliced
- ¼ cup (⅛ lb.) melted butter or margarine
- ¾ cup sugar
- 2 teaspoons ground cinnamon
- 3 large eggs
- 2¾ cups milk
- ½ cup pecan halves
- 1 can (1 lb.) pumpkin
- ½ teaspoon ground nutmeg
- 1 teaspoon vanilla

Tear bread into 1-inch chunks; you should have about 6 cups.

In a bowl, mix bread with butter. Combine ¼ cup sugar and cinnamon; sprinkle over bread and mix. In a small bowl, beat 1 egg and ¾ cup milk; gently mix with bread.

Spoon bread mixture into a buttered 1½- to 2-quart shallow baking dish. Bake in a 375° oven 15 minutes. Scatter pecans over bread; bake until deeply browned and crisp, about 15 minutes more.

Meanwhile, in the top of a 2- to 3-quart double boiler, beat remaining sugar, eggs, and milk with pumpkin, nutmeg, and vanilla. Stir often over simmering water until custard is steaming and thickly coats a metal spoon, about 12 minutes. Pour into a pitcher.

Pour custard into bowls and spoon warm bread pudding on top. Serves 6.

Per serving: 498 cal.; 13 g protein; 22 g fat (8.8 g sat.); 65 g carbo.; 443 mg sodium; 144 mg chol. ■

To use our nutrition information

Sunset recipes contain nutrition information based on the most current data available from the USDA for calorie count; grams of protein, total fat (including saturated fat), and carbohydrate; and milligrams of sodium and cholesterol.

This analysis is usually given for a single serving, based on the largest number of servings listed for the recipe. Or it's for a specific amount, such as per tablespoon (for sauces), or by a unit, as per cooky.

The nutrition analysis **does not include** optional ingredients or those for which no specific amount is stated (salt added to taste, for example). If an ingredient is listed with an alternative—such as unflavored yogurt or sour cream—the figures are calculated using the first choice. Likewise, if a range is given for the amount of an ingredient (such as ½ to 1 cup butter), values are figured on the first, lower amount.

Recipes using regular-strength chicken broth are based on the sodium content of salt-free homemade or canned broth. If you use canned salted chicken broth, the sodium content will be higher.

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Cut	Fat		Calories		Cholesterol	
	1990	% change from 1983	1990	% change from 1983	1990	% change from 1983
Center Loin Chop	6.9g	– 22%	165	– 16%	70mg	– 16%
Boneless Loin Roast	6.4g	– 45%	160	– 23%	66mg	– 1%
Top Loin Chop	6.6g	– 48%	165	– 25%	68mg	– 15%

Based on three-ounce serving of lean, cooked pork as reported in "A Nationwide Survey of the Composition and Marketing of Pork Products at Retail," D.R. Buege, et al., Madison, Wisc.: University of Wisconsin-Madison, 1990. Conducted in cooperation and with the guidance of the U.S. Department of Agriculture to provide the data base for the revision of USDA Agriculture Handbook 8-10, which will be published in 1991.

Pineapple-Garlic Pork Chops

- 4 boneless pork loin chops, 1-in. thick
- 1 C. unsweetened pineapple juice
- 2/3 C. dry sherry
- 2 T. brown sugar
- 1/2 t. dried rosemary leaves, crushed
- 1 clove garlic, minced

Combine all ingredients except chops; mix well. Place chops in a shallow dish; pour marinade over chops. Cover and refrigerate overnight.

Remove pork chops from marinade. Broil 5 inches from heat, 4-5 min. on each side. Serves 4.

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Harvest soups with a sweet surprise

The surprise is fall fruit . . . for color, sweetness, and texture

FALL FRUITS ELEVATE FIRST-COURSE SOUPS TO show-stopping first-class acts. Persimmons, pomegranates, and Asian pears add contrasting color, sweetness, and texture to the savory elements of these three composed soups, giving them an element of surprise.

Yet for all their style and taste, these soups are easy to make. Each choice is based on a well-seasoned broth with poultry, seafood, or meat that you pour over vegetables and fruit attractively arranged in wide bowls. When this presentation is performed before guests, the soup becomes a dramatic first course.

Bring bowls with the arranged fruit and vegetables to the table. Cook the meat in the broth on a small portable burner at the table, or cook it in the kitchen and transfer it to a tureen. Carefully ladle the hot broth over fruit and vegetables in the bowls.

Gingered Broth with Persimmon and Chicken

- ½ pound boned and skinned chicken breasts, cut into paper-thin slices
- 1 tablespoon soy sauce
- 1 teaspoon Oriental sesame oil or toasted almond oil (optional)
- 1 large (about 8 oz.) firm Fuyu persimmon, peeled, stemmed, and cut into thin wedges
- 20 to 30 small (2 to 3 oz. total) edible pod peas, strings removed
- ⅓ cup thinly sliced green onion
- Gingered broth (recipe follows)

ASIAN PEAR, FUYU PERSIMMON, POMEGRANATE—*fall treasures contribute surprisingly rich complexity to savory soups.*

In a small bowl, mix chicken, soy sauce, and sesame oil. If made ahead, cover and chill up until next day.

In each of 6 wide, shallow bowls (about 1½-cup size), arrange equal portions of persimmon, peas, and onion; bring bowls to the table.

Heat gingered broth to boiling on the range or on a portable burner at the table. Stir in chicken; simmer just until chicken is opaque, 30 seconds to 1 minute. If cooking broth on range, pour into a tureen and bring to the table. Carefully ladle broth into each bowl over fruit and vegetables. Makes 6 first-course servings.

Per serving: 189 cal.; 12 g protein; 2.9 g fat (0.6 g sat.); 18 g carbo.; 254 mg sodium; 22 mg chol.

Gingered broth. In a 3- to 4-quart pan, combine 1½ quarts **regular-strength chicken broth,** 1 cup **dry sherry,** 2 tablespoons minced **fresh ginger,** 1 **star anise** (or ½ teaspoon anise seed and 1 cinnamon stick, 3 in. long). Bring to a boil; cover and simmer for about 30 minutes. If desired, discard spices.

Lemon Seafood Broth with Pomegranate

- 1 medium-size (about ½ lb.) pomegranate
- ½ pound boned and skinned mild white-flesh fish such as lingcod or orange roughy
- ¼ pound shelled cooked tiny shrimp
- ½ cup finely shredded mizuna leaves or 1 cup small, tender watercress sprigs
- 1 large (8 oz.) firm-ripe avocado, peeled, pitted, diced, and coated in lemon juice
- Lemon broth (recipe follows)

Cut crown end off pomegranate; lightly score rind lengthwise in several places. Immerse in a bowl of water for about 5 minutes. Holding pomegranate in the water, break sections apart with your fingers, separating seeds from membrane as you work. Seeds will sink; rind and membrane will float. Skim off and discard rind and membrane. Drain seeds; you need ¾ to 1 cup. (If done ahead, cover and chill up until the next day.)

Cut fish into paper-thin slices about 2½ inches long. In each of 6 wide, shallow bowls (about 1½-cup size), arrange equal portions shrimp, mizuna, avocado, and pomegranate seeds; bring bowls to the table.

Heat broth to boiling on the range or on a portable burner at the table. Stir in fish; cook just until opaque, 30 seconds to 1 minute. If broth is cooked on the range, pour into a tureen and bring to table. Carefully ladle broth into each bowl over shrimp, fruit, and vegetables. Makes 6 first-course servings.

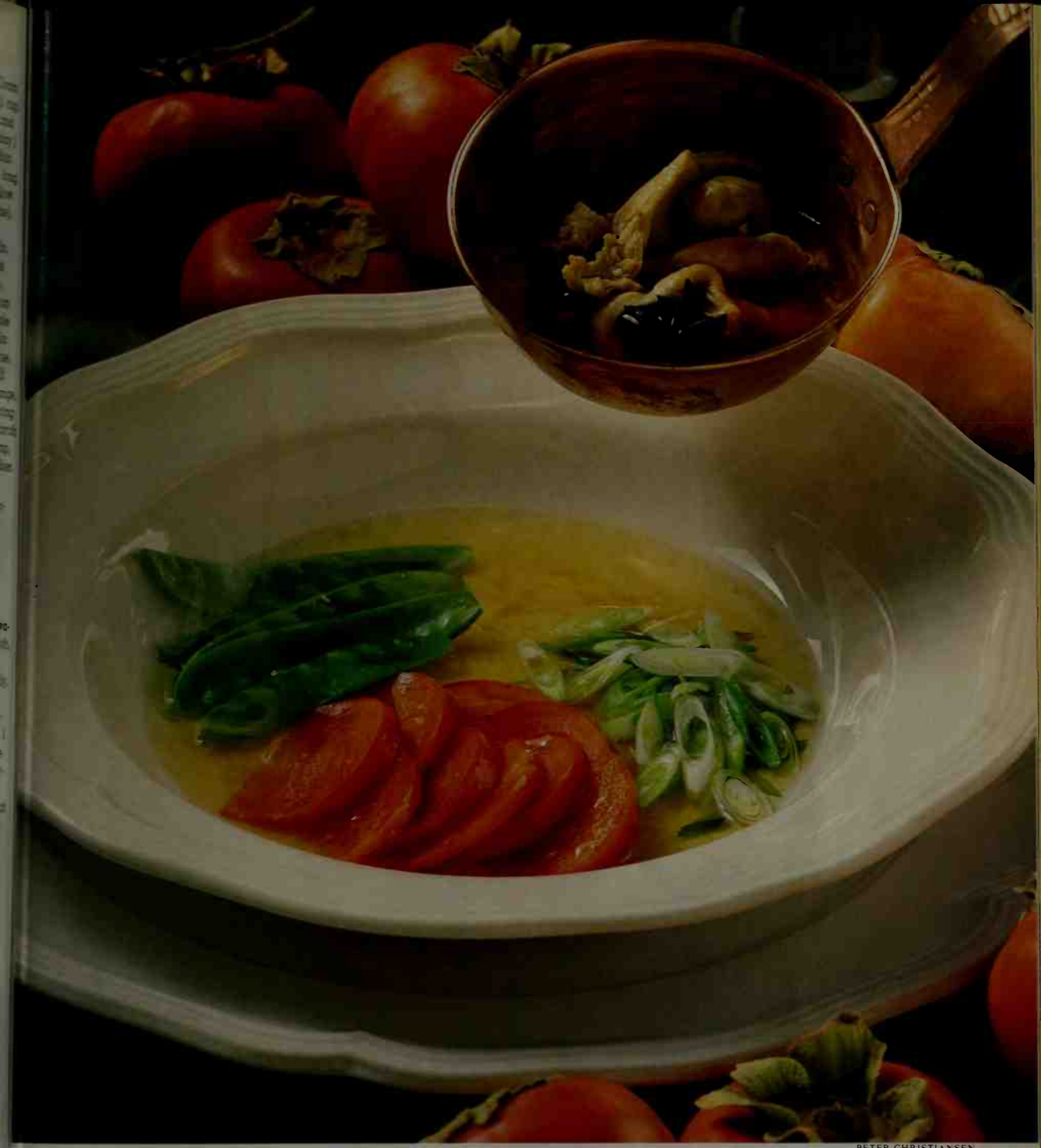
Per serving: 151 cal.; 14 g protein; 6.9 g fat (1.2 g. sat.); 9.5 g carbo.; 125 mg sodium; 56 mg chol.

Lemon broth. In a 3- to 4-quart pan, combine 1½ quarts **regular-strength chicken broth** and 1 cup **water.** In a piece of cheesecloth, tie to enclose 3 thin strips **lemon peel** (yellow part only, ½ by 3 in.), 1 tablespoon **white peppercorns,** 1 tablespoon **coriander seed,** and 1 teaspoon **cumin seed;** place in broth. Bring to a boil; cover and simmer 30 minutes. Lift out and discard packet of spices. Add 3 tablespoons **lemon juice.**

Chili Beef Broth with Pear

- ¾ pound boneless lean beef sirloin
- 2 tablespoons soy sauce
- 2 tablespoons thinly sliced green onion
- 1 teaspoon Oriental sesame oil
- 1 teaspoon sugar
- 1½ cups (about 3½ oz.) finely shredded cabbage
- 1 large (9 oz.) Asian pear, cored and cut into thin slivers
- 1 large carrot, peeled and finely shredded
- ½ cup fresh cilantro (coriander) sprigs
- Chili broth (recipe follows)

Trim fat off beef. Cut beef into thin slices about 3 inch-



PETER CHRISTIANSEN

LADLE GINGER- AND ANISE-SCENTED BROTH *with chicken over edible-pod peas, crisp persimmon, and green onion.*

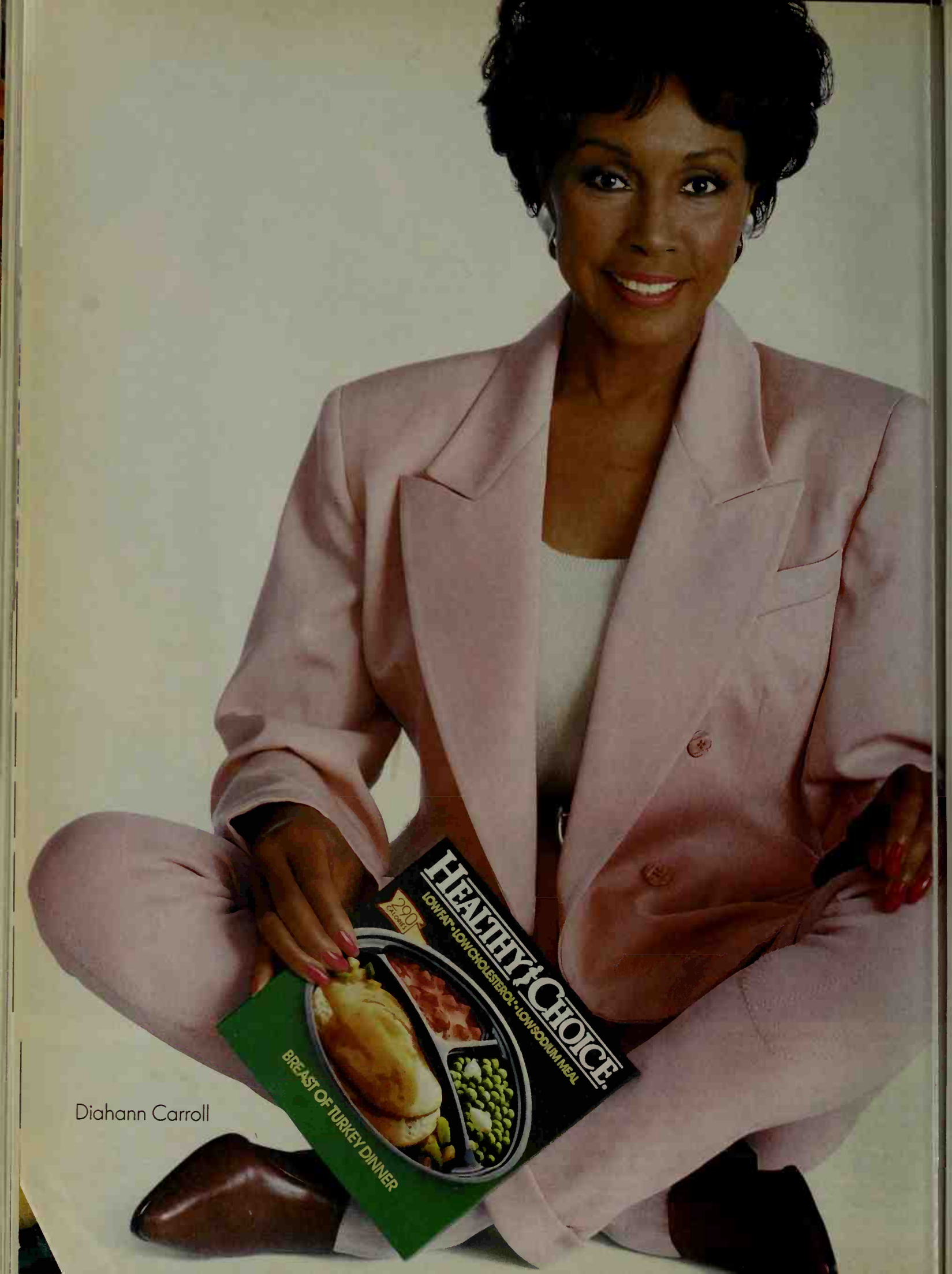
es long and mix with soy sauce, onion, sesame oil, and sugar. Cover and chill at least 15 minutes or up until the next day.

In each of 6 wide, shallow bowls (about 1½-cup size), arrange equal portions cabbage, pear, carrot, and cilantro sprigs; bring bowls to the table.

Heat chili broth to boiling on the range or on a portable burner at the table. Stir in beef; simmer to desired doneness, about 30 seconds for rare. If broth is cooked on range, pour into a tureen and bring to table. Carefully ladle broth into each bowl over fruit and vegetables. Makes 6 first-course servings.

Per serving: 135 cal.; 14 g protein; 3.5 g fat (1 g sat.); 12 g carbo.; 391 mg sodium; 35 mg chol.

Chili broth. In a 3- to 4-quart pan, combine 1½ quarts **regular-strength beef broth,** 1 cup **water,** 2 tablespoons minced **fresh ginger,** 1 teaspoon minced **garlic,** and ¼ teaspoon **crushed dry hot red chilies.** Bring to boil; cover and simmer about 30 minutes. ■



Diahann Carroll

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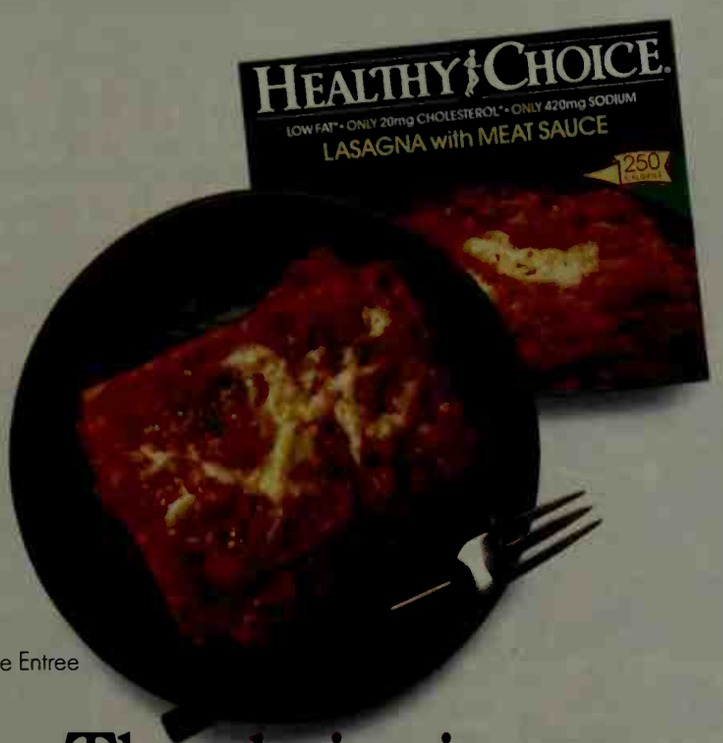

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For her recipes, you may need an atlas

They reflect Japan, Africa, France, Washington, and Los Angeles

PETER CHRISTIANSEN

WRAP SHRIMP *salad greens, and herbs in edible rice paper. Dip in tangy sauce.*

UNUSUAL *combinations of ethnic ingredients delight chef Jeanette Holley.*

CROSS-CULTURAL cooking comes easily to Jeanette Holley; she adds adventure to familiar foods, mixes flavors from different cuisines, and interprets Western foods with an Asian slant.

Holley's background contributes many influences. She was the child of a Japanese mother and African-American father, and she grew up in Japan and Korea. From Asia, she moved to Washington State University to study food chemistry and nutrition. Going beyond her early career as a dietitian, she trained at several innovative restaurants in the Los Angeles area and in France. Now her own culinary creativity comes into fascinating play at O'toto, a restaurant in Los Angeles.

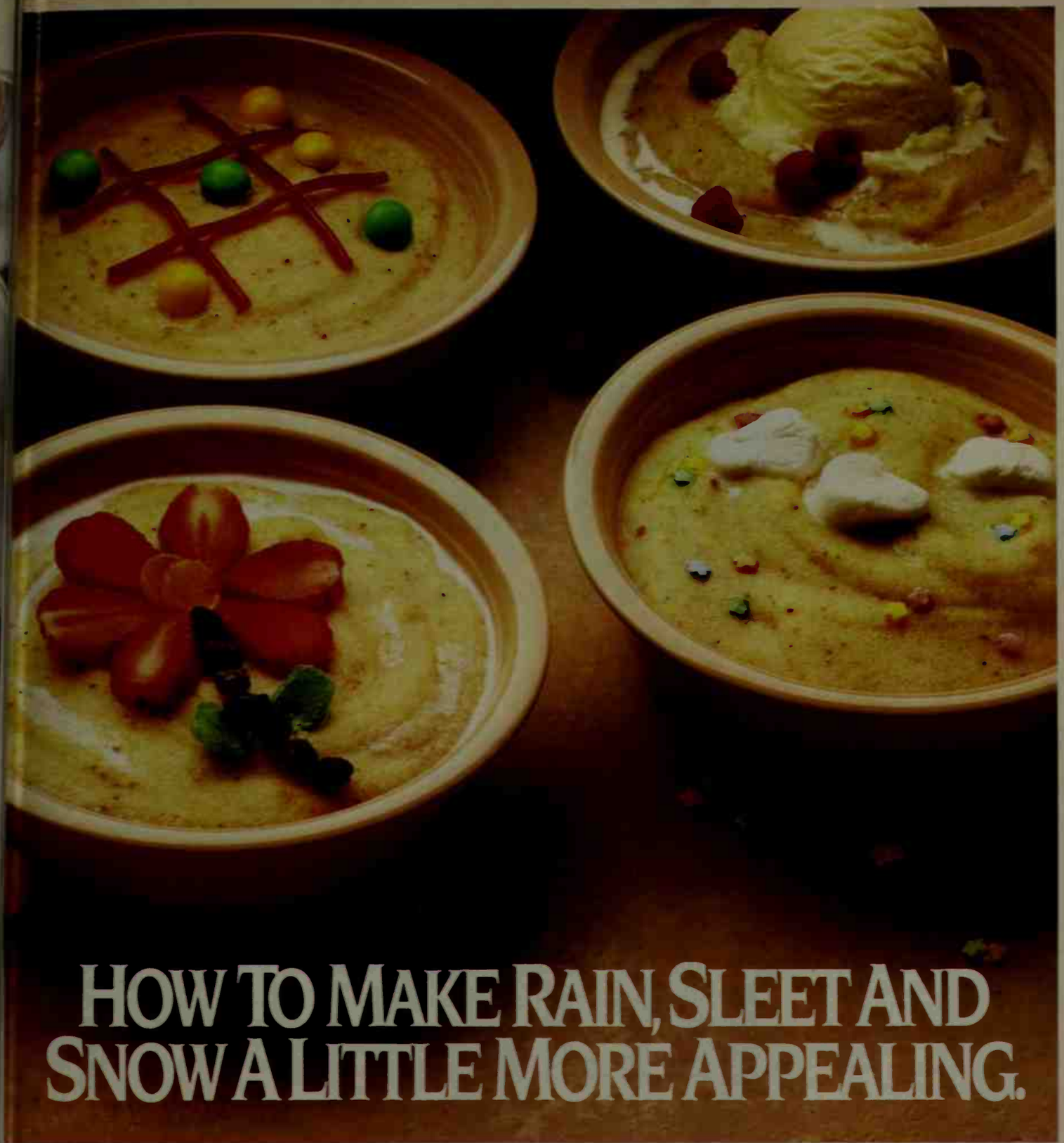
If you don't find the ethnic ingredients for these recipes in the supermarket, you'll need to shop at an Asian grocery store. Or use the suggested substitutes.

Shrimp with Rice Paper Crêpes

If you can't find the rice papers, serve the shrimp with the rest of the ingredients as a salad; dress with the dipping sauce.

- ¾ pound medium-size (43 to 50 per lb.) shrimp, shelled and deveined
- 2 teaspoons lime juice
- 6 cups (about 4 oz.) bite-size pieces mixed salad greens, such as mesclun, rinsed and crisped
- Sprigs of fresh mint, basil (anise, Indian, Opal, or Thai), cilantro (coriander), or shiso; use at least 3 different kinds
- ¼ cup long, fine shreds carrot
- 2 tablespoons coarsely chopped roasted peanuts
- 2 tablespoons drained canned capers
- 16 rounds (6 to 8 in. wide) edible rice paper
- Dipping sauce (recipe follows)

Bring about 2 quarts of water to a boil in a 4- to 5-quart pan. Stir in shrimp, cover pan tightly, and remove from heat. Let stand until shrimp are opaque in thickest part (cut to test), 3 to



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PETER CHRISTIANSEN

DRESSED WITH SESAME VINAIGRETTE, *buckwheat noodles, black seaweed, and marinated scallops have a Japanese heritage. Green onions add bright garnish.*

4 minutes. Drain well and mix with lime juice.

On each of 4 dinner plates, mound an equal portion of salad greens. Arrange herbs around salad. Spoon ¼ of the shrimp onto each salad mound. Sprinkle with carrots, peanuts, and capers.

Just before serving, lightly brush both sides of rice papers with water. Place in a single layer on a wide platter; let stand briefly until soft. (If wet papers touch, they may stick and be difficult to separate without tearing.) Offer damp rice papers and dipping sauce with shrimp and greens.

To eat, mound about ¼ shrimp and greens from each plate onto a damp rice paper. Top with herb sprigs; roll to enclose filling. To eat, dip in sauce. Makes 4 first-course servings.

Per serving without rice paper: 108 cal.; 16 g protein; 3.5 g fat (0.6 g sat.); 3.2 g carbo.; 218 mg sodium; 105 mg chol.

Dipping sauce. Mix 6 tablespoons **water** or *dashi* (seaweed stock), 3 tablespoons **fish sauce** (*nuoc mam* or *nam pla*) or soy sauce, 2 tablespoons **lime juice,** 2 tablespoons **sugar,** and 1 teaspoon **Asian hot chili paste** or sauce or ¾ teaspoon crushed dry hot red chilies. Makes ⅔ cup.

Per tablespoon: 22 cal.; 0.7 g protein; 0.5 g fat (0.1 g sat.); 3.6 g carbo.; 0.5 mg sodium; 0 mg chol.

Buckwheat Noodles with Scallops and Sesame Vinaigrette

Hijiki, available in Japanese markets, is dried seaweed that looks like fine strands of black pasta. If it's unavailable, omit and make only half of the soy, mirin, and sake mixture; use mixture to marinate scallops.

The other Asian ingredients—mirin, sake, sesame oil, buckwheat noodles, daikon sprouts, rice vinegar, miso, and chili oil—have supermarket alternatives.

- 1 tablespoon dry hijiki seaweed
- 2 tablespoons soy sauce
- 2 tablespoons mirin (sweet sake) or cream sherry
- 2 tablespoons sake (rice wine) or dry sherry
- ¾ pound bay scallops, rinsed
- 1 tablespoon Oriental sesame oil or salad oil
- ¼ cup dry sherry
- 8 ounces dry thin buckwheat noodles or angel hair pasta
- 3 green onions, ends trimmed
- Sesame vinaigrette (recipe follows)
- 1 cup julienne strips cucumber
- ½ cup (about 1 oz.) daikon sprouts, or long fine shreds of daikon
- ½ cup long fine shreds of carrot
- 2 tablespoons black sesame seed or toasted white (regular) sesame seed (for toasting in vinaigrette, see following recipe)

Soak seaweed in water to cover until soft, about 20 minutes. Drain; rinse well.

In a small bowl, mix soy, mirin, and sake. In a 1- to 1½-quart pan, combine half the soy mixture, ¼ cup water, and hijiki. Simmer, covered, until seaweed is tender to bite, about 10 minutes. Cool. (If made ahead, cover and chill up until next day.) Drain.

Mix remaining soy mixture with scallops; marinate 5 minutes, stirring often. Drain scallops well; discard liquid.

Pour 2 teaspoons oil into a 10- to 12-inch frying pan and place over high heat. When oil is hot, add scallops, turning often, until they are barely opaque but still moist-looking in center (cut to test), about 2 minutes. Remove scallops from pan with a slotted spoon. Boil pan juices, uncovered, until they evaporate and brown in pan.

Add sherry; boil, uncovered, stirring to loosen browned bits, until reduced by half, about 1 minute. Pour reduced sherry over scallops. Cool, stirring occasionally. (If made ahead, cover and chill up to 4 hours.)

In a 5- to 6-quart pan, bring about 3 quarts water to a boil on high heat. Add noodles and cook, uncovered, just until barely tender to bite, 5 to 7 minutes. Drain and immerse in cold water with remaining 1 teaspoon oil; when cool, drain well.

Thinly slice 1 green onion; mix with noodles, sesame vinaigrette, and cucumber.

On each of 4 dinner plates, mound equal portions of noodles. Cut remaining onions diagonally into 3-inch lengths. Garnish salad with scallops, long diagonally sliced green onions, seaweed, daikon sprouts, carrot, and sesame seed. Serves 4.

Per serving: 592 cal.; 26 g protein; 25 g fat (3.3 g sat.); 61 g carbo.; 1221 mg sodium; 28 mg chol.

Sesame vinaigrette. In a 6- to 8-inch frying pan, stir 3 tablespoons **white** (regular) **sesame seed** over medium heat until golden, 5 to 7 minutes. Pour into a blender.

In the pan, stir ½ teaspoon minced **garlic** into 1 tablespoon **Oriental sesame** or salad **oil** over medium heat just until garlic is soft, about 1 minute. To the blender, add the garlic-oil mixture; whirl until a paste forms.

Add ¼ cup **rice vinegar** or cider vinegar, 3 tablespoons **mirin** (sweet sake) or cream sherry, 3 tablespoons **salad oil,** 1½ tablespoons **miso** or soy sauce, 1 tablespoon chopped **fresh ginger,** and ¼ to ½ teaspoon **chili oil** (to taste) or ⅛ to ¼ teaspoon cayenne. Whirl until blended. (If made ahead, cover and chill up until next day.) Makes ¾ cup. ■

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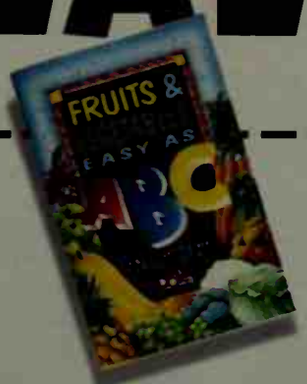

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These recipes lighten up an old Dutch favorite

PETER CHRISTIANSEN

POTATOES AND ONIONS *form the base for low-fat mashed vegetable dishes; add carrots, cabbage, and escarole to vary.*

CARROTS ADD *an earthy sweetness to orange hutspot (top); escarole contributes mild pungency to green stamp pot (bottom).*

DUTCH MASHED vegetables are simple mashed potatoes glorified by the addition of other vegetables. They're called stamp pots (*stamppotten*).

Our original recipes, published in October 1974 (page 152), added butter, bacon fat, or cream for flavor; our low-fat remodels use onions, braised and deglazed with only broth, for richness.

The first stamp pot, called *hutspot*, mashes carrots with the potatoes. For variations, try cabbage or escarole.

Lightened-up Hutspot

1½ pounds (about 3 large) onions, chopped

About 3 cups regular-strength chicken broth

1 pound (about 4 large) carrots, peeled

2 pounds (about 4 large) russet potatoes

Salt and pepper

In a 10- to 12-inch frying pan on high heat, boil onions and ¾ cup broth, uncovered, until liquid evaporates; stir often. When browned bits stick to pan, deglaze by stirring in ⅓ cup broth to release particles; boil and stir until pan is dry. Repeat deglazing step until onions are golden brown, about 4 times; keep warm.

Cut carrots into 1-inch chunks. In a 4- to 5-quart pan, bring about 1 quart water and carrots to a boil. Cover and simmer 10 minutes. Peel potatoes and cut into about 1-inch chunks. Add potatoes to carrots; simmer, covered, until both are very tender when pierced, about 20 minutes; drain.

Using a potato masher or an electric mixer, mash vegetables, adding about ⅓ cup broth for creamy consistency. Stir in onions. Add salt and pepper to taste. Serves 6.

Per revised serving: 190 cal.; 5.6 g protein; 1.3 g fat (0.2 g sat.); 40 g carbo.; 59 mg sodium; 0 mg chol.

Per original serving: 213 cal.; 4 g protein; 8 g fat (5 g sat.); 32 g carbo.; 116 mg sodium; 23 mg chol.

Stamp pot with cabbage. Follow recipe for **hutspot** (preceding), except omit carrots. After browning onions, remove from pan and add ½ cup **regular-strength chicken broth** and 8 cups chopped **cabbage** (about 2 lb.). Stir over high heat until cabbage wilts and all liquid evaporates, about 8 minutes. Stir into mashed potatoes with cooked onions. Serves 6 to 8.

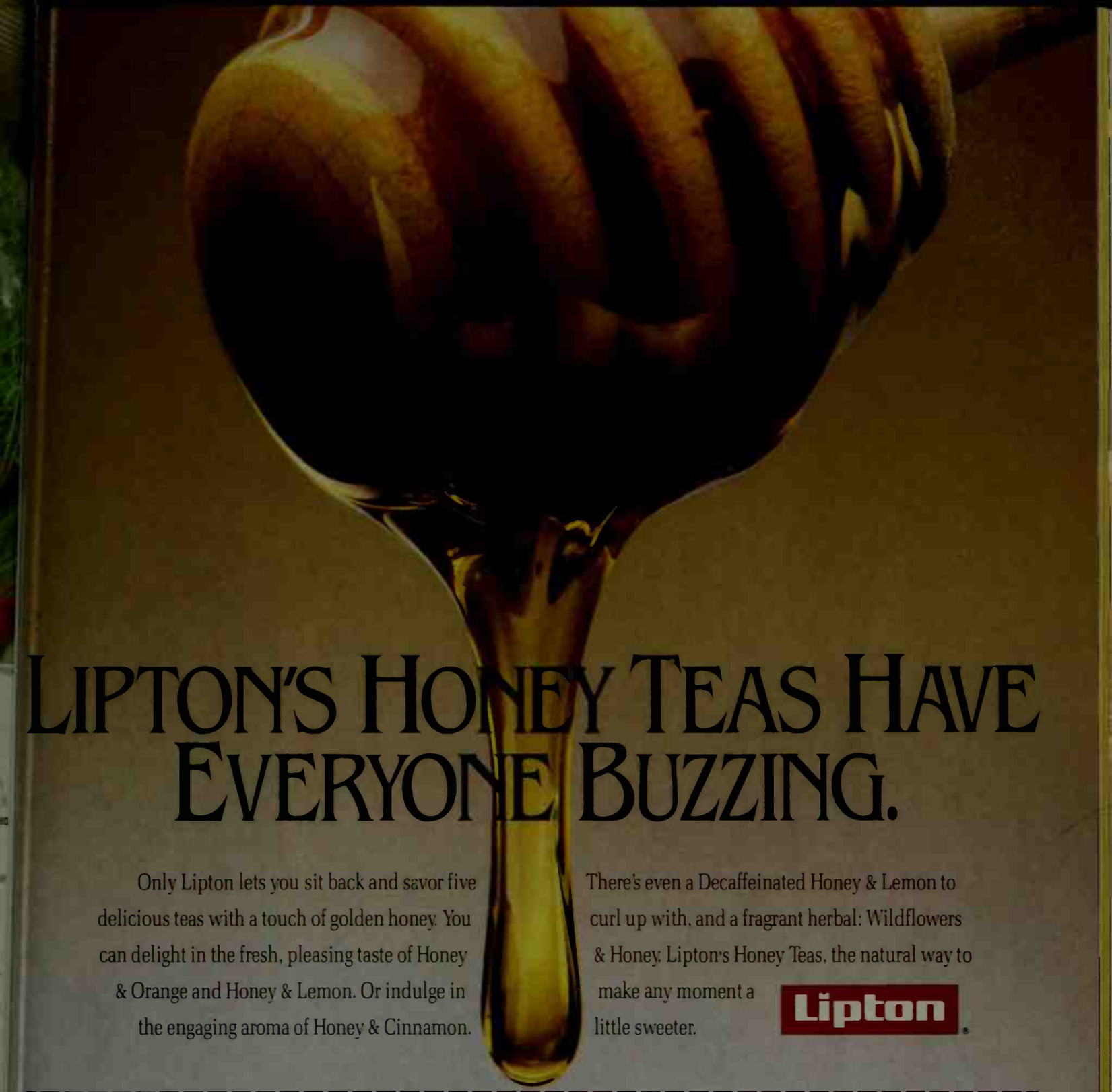
Per revised serving: 148 cal.; 5 g protein; 1 g fat (0.2 g sat.); 31 g carbo.; 47 mg sodium; 0 mg chol.

Per original serving: 190 cal.; 4 g protein; 9 g fat (6 g sat.); 25 g carbo.; 119 mg sodium; 25 mg chol.

Stamp pot with escarole. Follow recipe for **hutspot** (preceding), except omit carrots. After browning onions, remove from pan and add ½ cup **regular-strength chicken broth** and 8 cups chopped **escarole** (about 1 lb.). Stir over high heat until escarole wilts and liquid evaporates, about 8 minutes. Stir into mashed potatoes with the cooked onions. Serves 6.

Per revised serving: 174 cal.; 6 g protein; 1.3 g fat (0.2 g sat.); 36 g carbo.; 52 mg sodium; 0 mg chol.

Per original serving: 230 cal.; 4.5 g protein; 12 g fat (7.5 g sat.); 27 g carbo.; 148 mg sodium; 33 mg chol. ■



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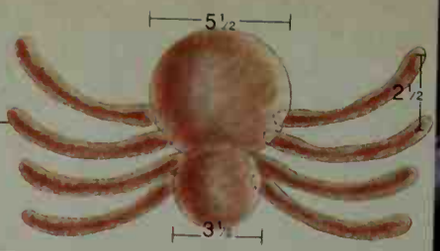
Strictly for Halloween, it's spider bread

Bring it out as an edible centerpiece for a casual party buffet



SPIDER BREAD *and rolls form creepy centerpiece for post–trick-or-treat sandwich supper. Shape loaves of purchased thawed frozen dough on a 14- by 17-inch baking sheet. Place legs first, then head and body.*

USHER IN HALLOWEEN with a giant black widow spider. This creature, made from purchased frozen dough, becomes an edible centerpiece on a party buffet for a dozen guests.

Three loaves of dough form the easily shaped spider; a fourth loaf makes the "eggs." The spider is coated with black sesame seed (white sesame seed on the eggs) and then baked. Guests make their sandwiches from them.

To build a colorful salad resembling a haystack, mix about 3 quarts shredded carrots with about 1 cup orange juice; add honey and lemon juice to taste. Mound on a large rimmed platter and encircle with orange slices.

Shred carrots and slice oranges for salad the day of the party. The bread can be made well ahead and frozen.

You'll need a total of about 3 ounces cooked meat and cheese for each serving. You'll also need about 1 pound butter lettuce, rinsed and crisped; 1 to 1½ pounds tomatoes, cored and thinly sliced; and 1 small mild red onion, thinly sliced.

For dessert, mound crisp red apples and caramels in a big basket or bowl.

Black Widow Bread

You can buy black sesame seed in Asian markets, or use poppy seed.

- 4 loaves (1 lb. each) frozen whole-wheat or white bread dough, thawed
- 1 large egg, beaten to blend
- 3 tablespoons black sesame seed or poppy seed
- 2 tablespoons regular (white) sesame seed

The legs. On a floured board, divide 1 loaf into 8 equal pieces. Roll each portion into an 8-inch log. On a greased 14- by 17-inch baking sheet, place ends of 4 logs about 1½ inches to the right of the center of the length of the pan, and centered in the middle part of the width of pan. Space outside ends 1½ to 2½ inches apart, curving them to fit pan and resemble spider legs (see drawing above). Align remaining logs the same way, but to left of pan center, to make 4 pairs of legs.

The head. Divide 1 loaf in half. Knead 1 half on a floured board to make a smooth ball. Turn smooth side up. If wrinkled, pull top of dough under ball to make smooth; pinch ends to underside. Set ball on inner ends of 2 pairs of legs; gently flatten to make 3½ inches wide.

The body. Knead remaining half-loaf with 1 whole loaf into a smooth ball, as directed above. Set ball, smooth side up, on inner ends of remaining 2 pairs of legs. Gently flatten to about 5½ inches wide (balls should touch). Keep body at least 1½ inches from pan edge; if it's too close, push it back, making balls more oval.

The eggs. Divide remaining loaf into 8 equal pieces. Shape each portion into a smooth ball; set smooth side up and slightly apart on a greased 12- by 15-inch baking sheet.

Cover dough lightly with plastic wrap; let rise in a warm place until puffy, 20 to 30 minutes. Brush dough with beaten egg; sprinkle spider with black seed, eggs with white seed. Bake in a 350° oven until bread is a rich gold color beneath seed and a toothpick inserted in thickest part comes out clean, 20 to 25 minutes for eggs, 40 to 45 minutes for spider. Serve warm, or cool on racks, package airtight, and hold up to 24 hours. Freeze to store longer (thaw, wrapped, about 4 hours at room temperature). Makes 1 loaf (about 3 lb.) and 8 buns (2 oz. each), 10 to 12 servings.

Per ounce: 82 cal.; 2.4 g protein; 1.9 g fat (0.4 g sat.); 14 g carbo.; 138 mg sodium; 4.7 mg chol. ■

SPIDER SANDWICH PARTY

Spider Bread
Haystack Salad
Cold Sliced Roast Beef, Turkey, or Cured Meat
Fontina or Jack Cheese
Sliced Tomatoes
Mild Onion Slices
Butter Lettuce Leaves
Mustard
Mayonnaise
Cold Hard Cider or Sparkling Cider
Crisp Red Apples
Caramel Corn or Caramels

PETER CHRISTIANSEN

SUNSET'S KITCHEN CABINET

Creative ways with everyday foods—submitted by *Sunset's* readers, tested in *Sunset's* kitchens, approved by *Sunset's* taste panels

Lamb Chops with Artichokes and Feta

Rita C. Sugarman, Palo Alto, Calif.

SPOON TOMATO SAUCE *over pan-browned chops; top with artichokes and feta; bake.*

- 1 jar (6 oz.) marinated artichoke hearts
- 6 lamb rib or loin chops (about 4 oz. each), cut 1 inch thick
- 1 clove garlic, minced or pressed
- 1 can (15 oz.) tomatoes
- ½ cup dry red wine
- ½ teaspoon dry rosemary
- ¼ pound feta cheese, crumbled
- 1 tablespoon grated lemon peel
- ¼ cup minced parsley

Drain marinade from artichokes into a 10- to 12-inch frying pan; chop artichoke hearts and set aside. Add chops to pan and cook on medium-high heat, turning as needed, until meat is well browned on both sides, 10 to 12 minutes total. Transfer lamb to a shallow 7- by 11-inch baking dish; set aside.

Drain off fat; discard. Add minced garlic, tomatoes, wine, and rosemary. Boil, uncovered, until reduced to 1¼ cups, 6 to 8 minutes; stir often, breaking up tomatoes with a spoon. Pour sauce over meat.

Mix artichokes, cheese, lemon peel, and parsley. Spoon equally onto chops. Bake in a 400° oven until cheese begins to brown, 12 to 15 minutes. Serves 6.

Per serving: 415 cal.; 16 g protein; 35 g fat (15 g sat.); 6.8 g carbo.; 517 mg sodium; 80 mg chol.

Green Bean and Bell Pepper Salad

Louise Ross, Elk Grove, Calif.

SEASON VIBRANT ARRAY *of cool vegetables with a mint-freshened vinaigrette.*

- 1 pound green beans, ends trimmed
- 1 can (15½ oz.) garbanzos, drained and rinsed
- 1 *each* small (about ¼ lb. size) red and yellow bell pepper, stemmed, seeded, thinly sliced
- ½ cup sliced red onion (optional)
- Fresh mint sprigs
- Vinaigrette (recipe follows)

In a 10- to 12-inch frying pan, bring 1 inch water to boiling. Add green beans; cook, uncovered, until barely tender when pierced, 7 to 8 minutes. Drain, immerse in ice water until cold, then drain again.

Mound green beans, garbanzos, peppers, and onion separately on a platter. Garnish with mint. Pour vinaigrette over vegetables and mix. Serves 6.

Vinaigrette. In a small bowl, whisk together ¼ cup **sherry** or red wine vinegar, ¼ cup minced **fresh mint leaves** or 1 tablespoon dry mint leaves, 3 tablespoons **olive oil,** 2 tablespoons **Dijon mustard,** and ¼ teaspoon **pepper.**

Per serving: 146 cal.; 4.1 g protein; 8.4 g fat (0.9 g sat.); 15 g carbo.; 236 mg sodium; 0 mg chol.

Zucchini-Carrot Pizza Crust with Toppings

Jeannine Johnson, Culver City, Calif.

BAKE ZUCCHINI-CARROT CRUST *until brown and crisp; embellish with toppings.*

- 2 to 3 slices (about 2 oz. total) sourdough bread, torn up
- 1 tablespoon olive oil
- 2 cloves garlic, minced or pressed
- 2 large eggs
- 2 tablespoons all-purpose flour
- ¼ teaspoon pepper
- 1 teaspoon dry basil leaves
- 1 cup shredded carrot
- 1 cup shredded zucchini
- 1½ cups (6 oz.) shredded jack cheese
- Toppings (suggestions follow)

In a blender or food processor, whirl bread to make 1 cup crumbs. In an 8- to 10-inch frying pan on medium-high heat, stir crumbs, oil, and garlic until crumbs become crisp, 6 to 8 minutes; set crumbs aside.

Beat eggs, flour, pepper, and basil to blend. Mix in carrot, zucchini, and crumbs. Spread mixture evenly in a well-oiled 12-inch pizza pan. Bake in a 400° oven until crust is crisp and browned, 20 to 25 minutes. Sprinkle with cheese and 1 to 3 toppings; bake until hot, 10 to 12 minutes. Use a spatula to loosen crust from pan (crust tends to stick). Serves 4.

Toppings: 1 cup thinly sliced **mushrooms,** 1 cup sliced **black ripe olives,** ¼ pound thinly sliced **dry Italian salami.**

Per serving with mushrooms: 266 cal.; 14 g protein; 16 g fat (7.0 g sat.); 17 g carbo.; 284 mg sodium; 140 mg chol.

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CHICKEN RICE WALDORF SALAD

- 1½ cups MINUTE® Instant Brown Rice
- 1 cup reduced calorie mayonnaise
- 1 large red apple, diced
- 1 tablespoon lemon juice
- 2 cups (12 oz.) diced cooked chicken
- 1 cup diced celery
- 1 cup seedless green grapes

- ▸ Prepare rice as directed on package.
- ▸ Mix in mayonnaise.
- ▸ Mix apple with lemon juice. Stir into rice mixture with remaining ingredients. Chill.

Makes 6 servings.

Nutrition Information per Serving: 340 calories, 20 g protein, 30 g carbohydrate, 15 g fat, 65 mg cholesterol, 300 mg sodium, 2 g dietary fiber

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RICE-IPES

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Miniature Honey Wheat Loaves

Mary Jane Campbell, Geyserville, Calif.

WRAP MINI-LOAVES *airtight and freeze up to 2 weeks; thaw and reheat to serve.*

- 1 package active dry yeast
- 2 cups warm water (110°)
- ¾ cup honey
- 3 tablespoons salad oil
- 1 teaspoon salt
- 2 cups regular rolled oats
- 1 cup multigrain cereal
- 3 cups whole-wheat flour
- About 3¼ cups all-purpose flour

In a large bowl, mix yeast with warm water; let stand about 5 minutes. Stir in honey, oil, and salt. Beat in oats, cereal, and whole-wheat flour.

With a heavy spoon, gradually stir in 3 cups all-purpose flour. On a floured board, knead dough until smooth, about 10 minutes, adding only as much flour as necessary to prevent sticking. Place dough in greased bowl.

Cover bowl with plastic wrap; let rise in warm place until dough doubles, about 1 hour. Punch dough down; divide into sixths. Shape each section into a loaf and place each in a greased 3- by 5½-inch loaf pan. Cover with plastic wrap; let rise in a warm place until almost doubled, about 30 minutes.

Place pans on a 12- by 15-inch baking sheet. Bake in a 375° oven until richly browned, 25 to 30 minutes. Remove from pans; cool on racks. Makes 6 loaves, each about ½ pound.

Per ounce: 83 cal.; 2.2 g protein; 1.1 g fat (0.2 g sat.); 17 g carbo.; 42 mg sodium; 0 mg chol.

Chunky Split-Pea Soup with Ham Hocks

Lita J. Verts, Corvallis, Ore.

HEARTY SOUP *of split peas, potatoes, carrots, and bits of ham makes a meal.*

- 1½ pounds meaty ham hocks
- 1½ teaspoons black peppercorns
- ½ teaspoon whole cloves
- 1½ teaspoons dry rosemary
- 1 quart *each* regular-strength beef broth and water
- 1 cup green split peas
- 1 large (about 8 oz.) onion, coarsely chopped
- 1 large (about ¾ lb.) russet potato, peeled and diced
- 2 large (about 10 oz. total) carrots, peeled and thinly sliced
- ¼ cup minced parsley

In a 5- to 6-quart pan, combine ham, peppercorns, cloves, rosemary, broth, and water. Bring to a boil, cover, and simmer, stirring occasionally, until meat pulls easily from bone, about 2 hours. Lift out ham and cool. Skim off and discard fat from soup. Lift spices out with a slotted spoon; discard. Continue simmering soup, covered, on low heat.

Sort peas and discard debris; rinse and drain. Pull meat off bone; discard bone, skin, and fat. Tear meat into bite-size pieces. Add meat, peas, onion, potato, and carrots to soup. Simmer, uncovered, until peas are soft enough to mash, 45 to 55 minutes. Sprinkle with parsley. Makes 5 to 6 servings.

Per serving: 267 cal.; 15 g protein; 7.0 g fat (2.3 g sat.); 37 g carbo.; 380 mg sodium; 15 mg chol.

Peanut Butter Mousse Pie

Sandra Krist, Bainbridge Island, Wash.

TO CREATE CURLS. *pull a vegetable peeler across a bar of barely warm chocolate.*

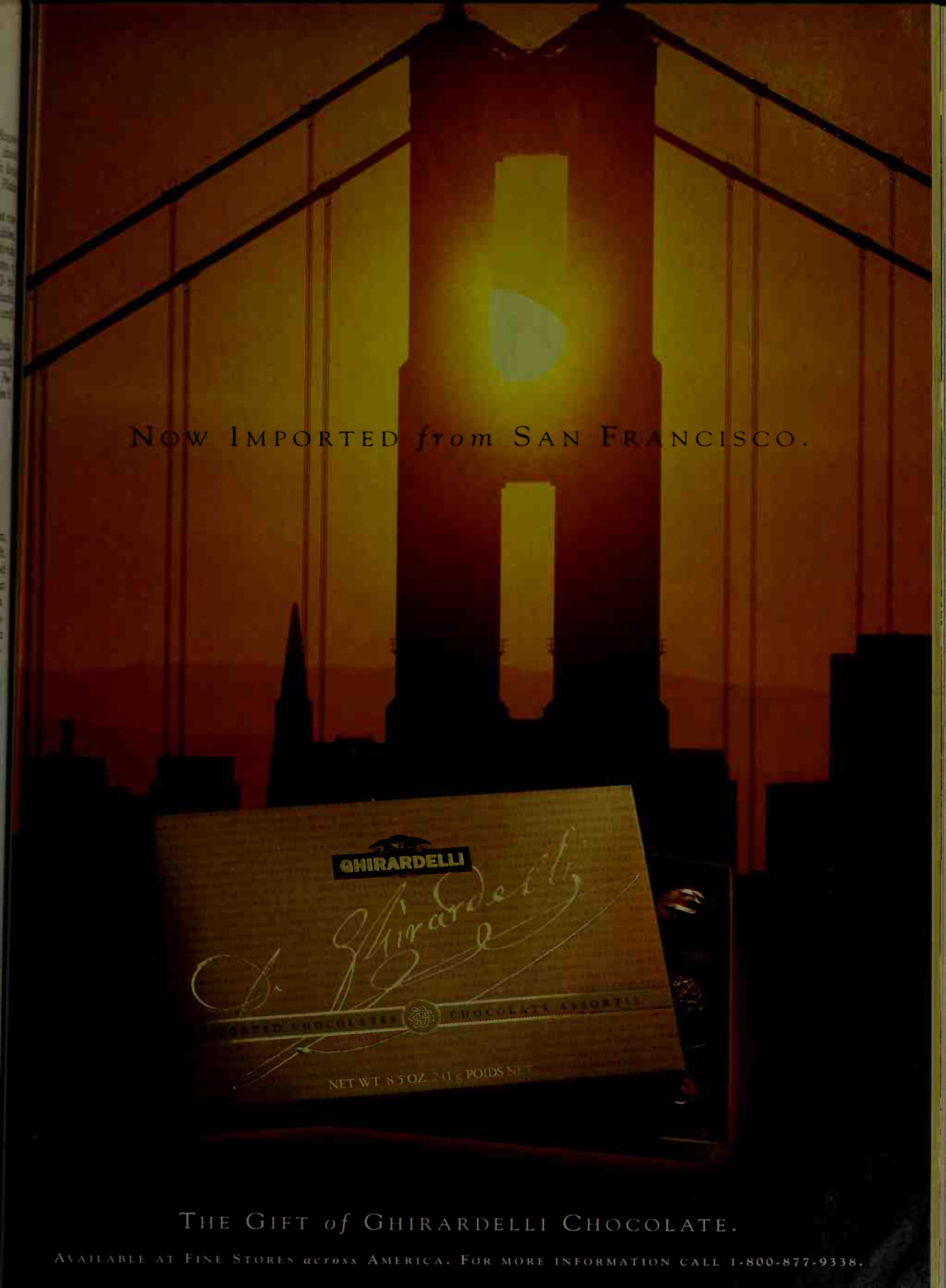
- ½ cup chunk peanut butter
- ¾ cup sugar
- 1 large package (8 oz.) neufchâtel (light cream) or cream cheese, at room temperature
- 2 tablespoons milk
- 1 cup whipping cream
- Chocolate crust (recipe follows)
- Chocolate curls (optional)

In a large bowl, beat peanut butter, sugar, cheese, and milk with an electric mixer until smoothly blended. In another bowl, whip cream until it holds soft peaks, then gently fold into peanut butter mixture. Spoon into crust. Chill until filling is set, about 4 hours, or, covered, up until next day. Garnish with chocolate curls. Cut into wedges. Serves 8.

Chocolate crust. In a blender or food processor, whirl 22 **chocolate wafers,** broken into pieces, to make 1 cup fine crumbs; pour into a 9-inch pie pan. Stir in ⅓ cup finely chopped **unsalted peanuts** and 3 tablespoons melted **butter** or margarine; mix. Press mixture firmly over bottom and up sides of pan. Bake in a 350° oven until darker brown at rim, 8 to 10 minutes. Cool.

Per serving: 474 cal.; 10 g protein; 34 g fat (15 g sat.); 37g carbo.; 358 mg sodium; 67 mg chol.

Share recipes you've created or adapted—heritage treasures, old favorites, travel discoveries, time-savers. On publication, you'll receive a *Sunset* "great cook" certificate and $50 for each recipe used. Send recipes to *Sunset Magazine,* 80 Willow Rd., Menlo Park, Calif. 94025.



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Autumn teammates: fresh fruit, cheese, and wine

Here's how to put them together . . . for dessert or a tasting party

DARROW M. WATT

GRAPES MAKE PLEASING PARTNERS *for most cheeses; here they go with creamy l'explorateur, quark, and mascarpone.*

CHEESE AND FRUIT costar with ease as an elegant but simple end to a meal, or, on a larger scale, as the heart of a quickly presented light party menu. And there is no better time to explore this combination than now; fall fruits are exceptionally suited to cheese partners.

Well-stocked supermarkets offer an extensive selection of precut or small whole cheeses; many also cut cheese to order. For more variety, check with cheese shops and delicatessens.

Options for presentation range from a single cheese and fruit to a variety of both.

An ounce of cheese and a piece of fruit make an adequate dessert, but chances are you'll want a more generous look, especially at a tasting party. Leftovers can always be enjoyed another day.

FLAGS IDENTIFY CHEESES, *arranged with fruit for a tasting party or dessert. Unsalted crackers (plain or slightly sweet), a thick jam, toasted nuts, and wines—including a fruity late-harvest wine, champagne, and port—complete the picture. For guests who want to sample different wines, offer a dump bucket and a pitcher of water for rinsing.*

CHEESES FOR DESSERT

Consider at least one example from each category; if some are not available, ask for a cheese that is similar.

Fresh cheeses. Instead of being aged, these are eaten when less than a month old. They are characterized by a delicate, clean flavor and are soft enough to spread. Serve in bowls or, if firm enough, swirled into mounds. Spread on unsalted crackers or slices of fruit. Often, a bit of apricot or plum jam enhances these cheeses.

Choices made from cow's milk include fine-grained **ricotta** (low-fat and whole-milk varieties), **quark** (like smooth cottage cheese with a little tang, sold in tubs or cartons), rich **mascarpone** (high fat, delicate tang; it spoils quickly—cheese should be fresh-smelling), and even **cream cheese.** There are also **fresh goat cheeses** (chèvres), some plain, some seasoned with herbs. All goat cheeses have a distinct piquancy.

Soft and semisoft cheeses. As these age and ripen, the texture softens and gets creamier, and flavors develop aromatic complexity. When ready to eat and at room temperature, they should feel soft when pressed and may be slightly runny. If firm when bought, let stand at room temperature for up to 2 days, then chill, if needed, to hold 1 or 2 days.

Readily available ones include rind-ripened **brie** made of cow's milk (there's also goat brie, which is sharper), **camembert, taleggio** (resembles brie in texture, but has a milder flavor), **port salut, teleme,** and stronger-flavored **livarot, reblochon,** and **Pont l'Évêque.**

Blue cheeses. These cheeses range from crumbly and sharp to smooth and subtle. **Roquefort** is the boldest; creamier blue cheeses include **blue castello, sweet gorgonzola** or regular **gorgonzola** (sharper flavor), and **saga blue** and **cambozola** (both have enough butterfat to fit the next category).

Triple-cream cheeses. These cheeses are about 70 percent butterfat and are extremely smooth and creamy. Examples are **Brillat-Savarin** (mild), **l'explorateur** and **St. André** (both slightly piquant), and **boursault.**

FALL FRUIT PARTNERS

Apples. Tarter varieties make a crisp contrast for triple creams; sweeter apples suit soft, semisoft, and blue cheeses.

Asian pears. Crisp, they are refreshing matched with soft, semisoft, and blue cheeses.

Figs. Their sweetness is best complemented by mascarpone or quark with a little sugar or tart jam.

Grapes. Versatile, they go well with all the preceding cheeses. But stronger-flavored cheeses go best with red flame grapes.

Pears. Their sweetness and buttery texture are particularly suited to soft and semisoft cheeses, especially the stronger ones, and blue cheeses.

Plums. Choose juicy red-skinned varieties; cut in half and top with mild fresh cheeses (with perhaps a dusting of sugar), especially mascarpone or cream cheese. Also try them with l'explorateur. ■

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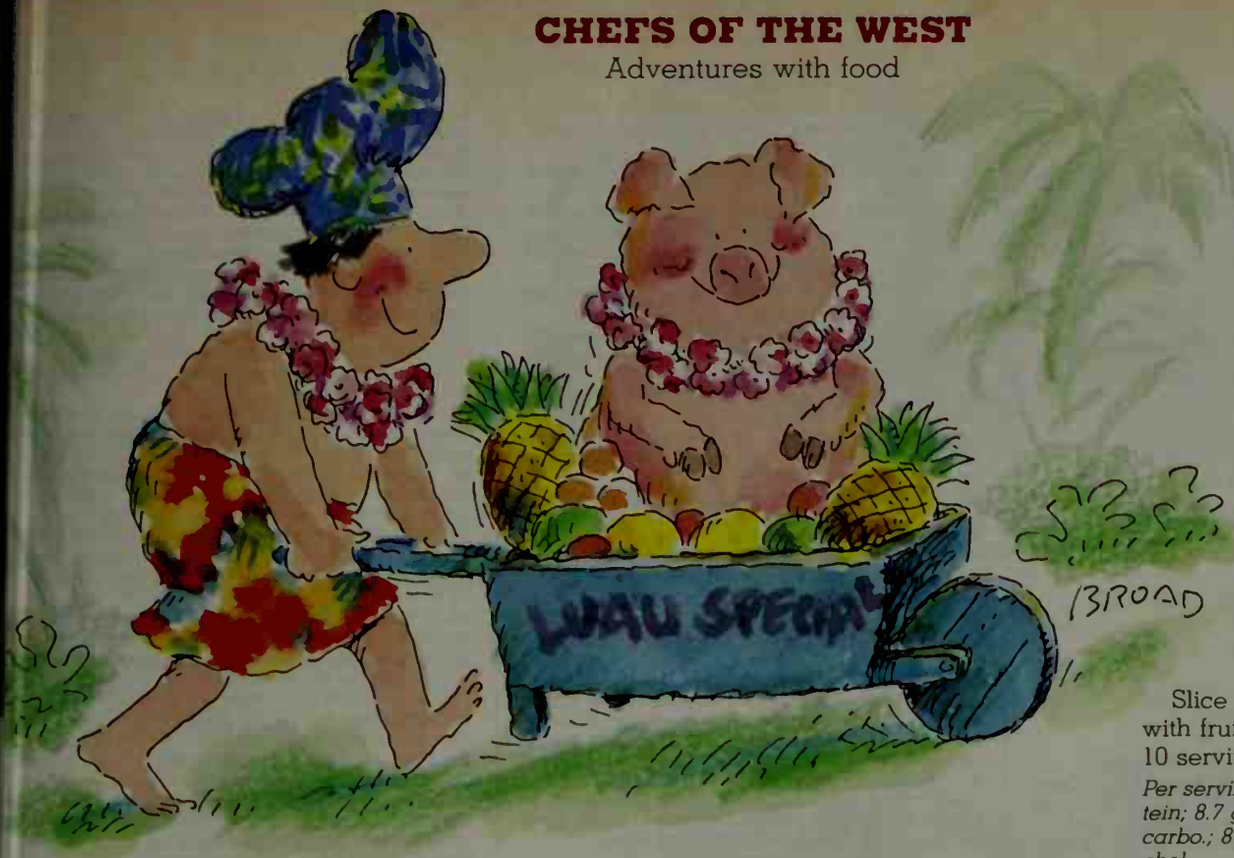

Polynesian cooks beat us to the idea . . . fruit and meat together

Attention all chefs, amateur or pro

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FRUIT AND MEAT HAVE been acquainted for centuries, but their relationship has blown hot and cold. In late medieval and Renaissance times, they frequently appeared together, and, in the form of mincemeat (which once actually had meat in it), they formed a perfect union.

Over the years they grew apart and seldom saw each other except for the mandatory pineapple rounds on baked ham, the grapes in chicken Véronique, and the cranberry sauce with turkey. Of course, Polynesian cooking was different; South Sea islanders put fruit salad on everything, or so some restaurants believe.

Of late, modish cooking has rediscovered the meat-and-fruit combination, and we are only mildly surprised to find a veal chop resting in a blueberry purée or lamb with black currants. Falling right in step, Frank Doherty supplements the sweetness of his roast pork with figs and dates, as well as with the familiar apple.

Roast Pork with Date and Fig Sauce

- 1 boned pork shoulder roast, 3 to 4 pounds
- 1 clove garlic, halved
- ½ teaspoon dry summer savory leaves
- Pepper
- 1 cup finely chopped tart apple
- ½ cup dry white wine
- ½ cup firmly packed brown sugar
- 1 cup pitted dates, cut into pieces
- 6 dried figs, stem ends trimmed, coarsely chopped

Trim excess fat from pork, then rub meat all over with cut garlic. Place meat in a 9- by 13-inch pan and evenly sprinkle with savory and pepper.

Roast meat, uncovered, in a 375° oven until a thermometer inserted in center of thickest portion registers 155° (takes 1½ to 1¾ hours). Transfer pork to a warm platter; keep warm.

Meanwhile, in a 2- to 3-quart pan, combine chopped apple with ¼ cup water. Cover and cook over medium heat until apple is soft when pressed, 4 to 5 minutes; set mixture aside.

Skim and discard fat from juices in pork pan; add wine to the pan and stir over medium heat to loosen browned bits. Add apple mixture, sugar, dates, and figs; simmer, stirring, until mixture is hot, 3 to 5 minutes. Pour into a small bowl.

Slice pork and accompany with fruit sauce. Makes 9 or 10 servings.

Per serving: 291 cal.; 21 g protein; 8.7 g fat (3.3 g. sat); 33 g carbo.; 87 mg sodium; 72 mg chol.

Frank Doherty

Las Vegas

THE PLUMP, OLEAGINOUS duck is currently in fashion, both as breast slices artfully fanned over a pool of colorful sauce, and as warm slivers in a salad of arugula, frisée, and other upwardly mobile greens. There are even designer ducks now—the brawny, aggressive Muscovy, which does not quack (it hisses), and the

"ONE WAY *of cooking a duck remains a time-honored classic . . . with orange.*"

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mullard, a hybrid between the Muscovy and the mallard, the green-headed wild ancestor of our common farmyard breed.

One way of cooking a duck remains a time-honored classic: duck with orange flavor obtained from the citrus fruit itself or from some derivative of the fruit. Jay Nelson uses frozen orange juice concentrate and orange marmalade, along with orange slices for garnish.

Orange Duckling

- 1 duck (4 to 5 lb.), thawed if frozen
- 1 large onion, cut in half
- 1 stalk celery, including some leaves
- 1 can (12 oz.) frozen orange juice concentrate, thawed
- ⅓ cup orange marmalade
- Belgian endive leaves or parsley sprigs
- 1 large unpeeled orange, cut into wedges

Pull off and discard chunks of fat from duck; reserve giblets for other uses. Rinse duck and drain. With a fork, prick skin all over.

Tuck one half of the onion into the neck cavity and the other half into the body cavity. Cut the celery into pieces and tuck inside the body cavity. Place duck, breast down, in a 6- to 8-quart pan. Add orange juice concentrate and 2 cans water. Bring to a boil over high heat, cover, and reduce heat and simmer until duck is tender when pierced in thigh, about 1½ hours; turn duck over every 30 minutes.

Place duck, breast down, on a rack in a 12- by 14-inch roasting pan. Roast in a 400° oven until back is brown; then turn breast up and continue to roast until skin is brown, about 20 minutes.

Meanwhile, skim and discard fat from pan juices. On high heat, boil juices with marmalade, uncovered, until liquid is reduced to 1 cup, about 40 minutes.

Place duck on a platter and garnish with endive leaves and orange wedges. Carve and accompany with juices. Makes 3 or 4 servings.

Nutritional data is based on conventionally roasted duck; at present, there is no information available to calculate the reduced amount of fat that remains after simmering first, then roasting. Per serving: 781 cal.; 35 g protein; 49 g fat (17 g sat.); 50 g carbo.; 116 mg sodium; 145 mg chol.

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DARROW M. WATT

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THESE SIMPLE, LOW-fat cookies are made without shortening or egg yolk. Cereal or ground almonds (which contribute some fat but no cholesterol) fill in for flour; egg white holds the dough together. All freeze well.

Graham Cracker Crackle Cookies

- 1 large egg white
- ⅛ teaspoon cream of tartar
- 1¼ cups powdered sugar
- 2 tablespoons malted milk powder
- ½ cup finely crushed graham cracker crumbs
- ¼ cup semisweet chocolate baking chips

In a bowl, mix egg white, cream of tartar, sugar, and malted milk. Beat with a mixer on high speed until thick and smooth. Stir in crumbs.

Oil and flour 3 nonstick, 12- by 15-inch baking sheets (or lightly coat plain sheets with cooking oil spray, then flour). Drop dough on pans in 1½-teaspoon mounds 3 inches apart. Lightly press chocolate chips equally into mounds.

Bake in a 375° oven until golden brown, 7 to 9 minutes. Alternate pan positions after 4 minutes. Cool the cookies on pans for 1 minute, then transfer them with a spatula to racks. Serve, or let cool and store airtight up to 3 days. Makes about 1½ dozen cookies.

Per cooky: 49 cal.; 0.5 g protein; 0.9 g fat (0.4 g sat.); 9.9 g carbo.; 26 mg sodium; 0.2 mg chol.

Nugget Crunch Cookies

Follow directions for **graham cracker crackle cookies** (preceding), using ½ cup **crunchy nut-like cereal nuggets** instead of graham cracker crumbs. Also omit chocolate baking chips.

Bake in a 375° oven until golden brown, 7 to 9 minutes; alternate pan positions after 4 minutes. Cool cookies on pans for 1 minute, then transfer with a spatula to racks. Serve, or let cool and store airtight up to 3 days. Makes about 1½ dozen.

Per cooky: 52 cal.; 0.8 g protein; 0.1 g fat (0.1 g sat.); 12 g carbo.; 34 mg sodium; 0.3 mg chol.

Corn Flake Chews

- 3 cups corn flake cereal
- 1 large egg white
- ⅛ teaspoon cream of tartar
- 1¼ cups powdered sugar
- 2 tablespoons malted milk powder

In a blender or food processor, whirl 2½ cups cereal until finely ground; set aside. In a bowl, mix egg white, cream of tartar, sugar, and malted milk powder. Beat with a mixer on high speed until thick and smooth. Stir in ground cereal and cereal flakes.

Oil and flour 2 nonstick, 12- by 15-inch baking sheets (or lightly coat plain sheets with cooking oil spray, then flour). Drop dough in 1½-teaspoon mounds 2 inches apart on pans.

Bake in a 375° oven until golden brown, 8 to 10 minutes; alternate pan positions after 4 minutes. Cool the cookies on pans for 1 minute; transfer them with a spatula to racks. Serve, or let cool and store airtight up to 3 days. Makes about 2 dozen cookies.

Per cooky: 33 cal.; 0.4 g protein; 0.1 g fat (0 g sat.); 7.6 g carbo.; 37 mg sodium; 0.2 mg chol.

Chocolate Almond Cookies

- ¾ cup almonds
- 1 large egg white
- ⅛ teaspoon cream of tartar
- 1¼ cups powdered sugar
- 2 tablespoons unsweetened cocoa

In a blender or food processor, finely grind ½ cup almonds; set aside. Whirl remaining almonds until coarsely chopped; set aside.

In a bowl, mix egg white, cream of tartar, powdered sugar, and cocoa. Beat at high speed with a mixer until thick and smoothly blended. Stir in ground and chopped almonds.

Oil and flour 2 nonstick, 12- by 15-inch baking sheets (or lightly coat plain sheets with cooking oil spray, then flour). Drop dough in 1½-teaspoon mounds 2 inches apart on pans.

Bake in a 375° oven until cookies are crisp outside but still soft inside (cut 1 to test), 10 to 12 minutes; switch pan positions after 5 minutes. Transfer cookies with a spatula to racks. Serve, or let cool and store airtight up to 3 days. Makes about 2 dozen cookies.

Per cooky: 50 cal.; 1 g protein; 2.2 g fat (0.2 g sat.); 7.3 g carbo.; 2.8 mg sodium; 0 mg chol. ■

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NEW WESSON PURE OLIVE OIL

When the Chardonnay makers have lunch

These main dishes go especially well with companion wines

PETER CHRISTIANSEN

VIVID SAFFRON *mayonnaise seasons poached salmon; fresh spinach leaves, wilted in butter, and chopped pistachios top hot cappellini.*

BRICE JONES *(left), of Sonoma-Cutrer, offers deftly seasoned lobster salad that goes with the winery's Chardonnay.*

IF YOU THOUGHT that rules governing the use of certain wines with certain foods were hard and fast, you may find liberation in the way a group of California winemakers approached choosing foods to complement their Chardonnays. Some of the combinations may surprise you; we think all will please your palate.

On these pages, you see a salad and three entrées served at one tasting, each with a companion Chardonnay. As you put together your own menu, select one dish, or make several if there are extra hands to handle the complexities.

Host Brice Jones of Sonoma-Cutrer Vineyards began with winning simplicity, offering a lobster salad dressed and served with his full-bodied, citrusy Chardonnay made by Bill Bonetti.

Zelma Long of Simi Winery capitalized on the fresh, crisp tropical fruit overtones of her wine to complement salmon; the wine also has enough rich feeling in the mouth to match the earthiness of a saffron mayonnaise.

By contrast, Tom Selfridge emphasized the butter-oak tones of his mellower, fuller-bodied Kendall-Jackson Chardonnay by using the wood-like flavor of chanterelle mushrooms with chicken.

Smoke is a subtle taste element in wine contributed by the heat-shaped oak used to make wine barrels. Its gentle impression on Stephen Kistler's smooth Kistler Vineyards Chardonnay is delicately echoed in a smoked chicken filling for ravioli.

Although each of the wines has its own style, many others have similar flavors and suit these foods. Advice from a good wine shop can help you expand your options.

Lobster Salad

- 6 cups (about 5½ oz.) inner butter lettuce leaves, rinsed and crisped
- Cooked lobster (directions follow), shelled and sliced
- Chardonnay dressing (recipe follows)
- Salt and freshly ground pepper

Arrange the lettuce and lobster on 4 salad plates. Top with dressing, and add salt and pepper to taste. Makes 4 servings.

Per serving: 98 cal.; 8.2 g protein;

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Turkey Cornmeal Burgers With Salsa

1 pkg. (about 1¼ lb.) TURKEY STORE™ Fresh Ground Turkey
2 tbsp. cornmeal
1 tbsp. lime juice
1 egg white
2 tsp. cumin (optional)
2 tsp. chili powder
½ tsp. salt (optional)
¼ tsp. pepper
1 jalapeño pepper, seeded, finely chopped
1 tbsp. vegetable oil
1 c. frozen whole kernel corn, cooked, drained
½ to ¾ c. salsa or picante sauce

In medium bowl, combine ground turkey, cornmeal, lime juice, egg white, cumin, chili powder, salt, pepper and jalapeño pepper. Mix together lightly; shape into 5 patties. Heat oil in 10-inch skillet over medium-high heat until oil sizzles, about 1 minute. Place patties in pan. Cook about 3 to 5 minutes on *each* side or until patties are no longer pink in center. Meanwhile, in small saucepan, combine and heat corn and salsa. Serve with turkey burgers. If desired, serve hot cornbread on the side. 5 servings.

Nutrition Information Per Serving (1/5 of recipe)—Calories 255, Protein 26 g, Carbohydrate 11 g, Fat 13 g, Cholesterol 76 mg, Sodium 513 mg.

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PETER CHRISTIANSEN

DINERS ARE OFFERED *two chicken entrées, each matched to a Chardonnay. Ravioli have a filling of smoked chicken; pan-browned chicken breast is served with chanterelle sauce.*

4.1 g fat (0.7 g sat.); 2.1 g carbo.; 147 mg sodium; 27 mg chol.

Cooked lobster. Immerse 1 live Maine **lobster** (1½ to 2 lb.) in an 8- to 10-quart pan with 6 quarts rapidly boiling **water.** When boil resumes, reduce heat, simmer 15 minutes, drain, then let cool.

Chardonnay dressing. Mix together ¼ cup **Chardonnay** and 1 tablespoon *each* **extra-virgin olive oil** and **lemon juice.**

Smoked Chicken Ravioli

- 6 dozen (14-oz. package) won ton wrappers
- Smoked chicken filling (recipe follows)
- 1½ tablespoons all-purpose flour smoothly mixed with ¼ cup water
- 1 cup regular-strength chicken broth, unsalted
- ¼ cup Chardonnay
- ¼ cup whipping cream
- 1 teaspoon cornstarch dissolved in 2 tablespoons water
- 2 tablespoons minced parsley
- Salt and pepper

Place 1 won ton wrapper on a flat surface. Spoon about 2 teaspoons filling onto center of wrapper. Brush edges lightly with flour-water mixture; align another wrapper over filling and press edges together firmly to seal. If desired, use a zigzag-rim ravioli cutter to decoratively trim edges of ravioli. Lay ravioli on a flour-dusted baking sheet; cover with plastic wrap to prevent drying.

Repeat to shape remaining ravioli. Lay them on the pan in a single layer, without touching. If made ahead, cover airtight and chill up until the next day. For longer storage, freeze in a single layer until firm, then transfer to an airtight container and freeze for up to 1 month.

In a 5- to 6-quart pan, bring 3 quarts of water to a boil over high heat.

Meanwhile, combine broth and wine in an 8- to 10-inch pan over medium-high heat. Boil, uncovered, until reduced to about ⅔ cup, about 10 minutes. Stir in cream and cornstarch mixture until sauce boils; keep warm.

When water is boiling, add ravioli and cook, uncovered, until heated through, 4 to 5 minutes (if frozen, 6 to 8 minutes).

Quickly transfer ravioli with a slotted spoon, draining briefly, to 4 to 6 warm dinner plates; top evenly with sauce. Sprinkle with parsley. Add salt and pepper to taste. Makes 36 ravioli—4 to 6 main-dish servings.

Per serving: 380 cal.; 18 g protein; 19 g fat (6.8 g sat.); 34 g carbo.; 560 mg sodium; 72 mg chol.

Smoked chicken filling. Pour ¼ cup **hazelnuts** into an 8- to 9-inch-wide pan. Bake in a 350° oven until nuts are golden under skin (rub off some skin to test), about 15 minutes. Enclose nuts in a clean towel and rub cloth to remove skins.

Drop nuts into a food processor or blender; discard skins. Whirl nuts with 6 ounces diced **smoked chicken,** ½ cup (4 oz.) **neufchâtel** (light cream) **cheese** or cream cheese, and 2 tablespoons *each* **milk** and firmly packed **parsley** until mixture is smoothly puréed.

Chicken with Chanterelle-Tarragon Sauce

- ½ ounce (about 1 cup) dry chanterelle mushrooms, or ½ pound thinly sliced fresh common mushrooms
- 1 tablespoon butter or extra-virgin olive oil
- ¾ cups regular-strength chicken broth
- ¼ cup Chardonnay
- 2 teaspoons minced fresh or 1 teaspoon dry tarragon leaves
- 4 boned and skinned chicken breast halves (about 1¼ lb. total)
- 2 tablespoons whipping cream

Combine chanterelles and 1½ cups water in a 1½- to 2-quart pan. Bring to a boil over high heat; cover tightly and simmer gently until mushrooms are very tender when pierced, 30 to 40 minutes. Remove from heat and let stand 30 minutes. Lift chanterelles from water, squeezing liquid from them into pan; reserve water.

In a 10- to 12-inch nonstick pan over medium-high heat, melt half the butter.

Add chanterelles (or sliced mushrooms) to pan. Stir often until chanterelles are tinged a darker brown, about 5 minutes (8 to 10 minutes for sliced mushrooms). Carefully pour reserved cooking water into pan, taking care not to add any grit from mushrooms. Add broth, wine, and tarragon. Boil over high heat until liquid is reduced to ⅓ cup. Pour into a bowl.

Melt remaining butter in pan over medium-high heat. Add chicken and cook until lightly browned on both sides and meat is no longer pink in center of thickest part (cut to test), about 10 minutes total; transfer to plates and keep warm.

Return mushroom mixture to pan, add cream, and stir over high heat until bubbling. Spoon sauce evenly over chicken. Serves 4.

Per serving: 220 cal.; 34 g protein; 7.3 g fat (3.6 g sat.); 3.2 g carbo.; 136 mg sodium; 98 mg chol.

Poached Salmon with Saffron Mayonnaise

- ⅓ cup white wine vinegar
- 1 dry bay leaf
- 10 black peppercorns
- 4 salmon steaks (about 6 oz. each), ¾ to 1 inch thick
- ½ cup reduced-calorie or regular mayonnaise
- ⅛₂ teaspoon powdered saffron dissolved in 2 tablespoons of Chardonnay
- Salt and pepper

In a 4- to 5-quart pan, combine 2 quarts water, vinegar, bay, and peppercorns. Bring to a boil over high heat, then cover and simmer for 15 minutes.

Return water to a rapid boil; add salmon, cover, and remove at once from heat. Let stand until fish is opaque but still moist-looking in the thickest part (cut to test), 10 to 12 minutes. Do not remove lid until you are ready to check for doneness; if needed, cover and let stand longer, testing every 2 minutes until done.

Meanwhile, mix mayonnaise and saffron mixture.

With a slotted spoon, lift fish from pan. Let stand until cool to touch. Gently peel off skin and set fish on plates; serve warm or cool with mayonnaise ladled onto portions. Add salt and pepper to taste. Serves 4.

Per serving: 309 cal.; 32 g protein; 18 g fat (3.5 g sat.); 2.5 g carbo.; 208 mg sodium; 70 mg chol. ■

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DARROW M. WATT

ADD CONDIMENTS *to vary the texture and flavor of hot breakfast rice, oats, and granola.*

A BOWL OF HOT cereal gets the body running on a cold morning. Each of these two mixtures can serve a large family at one sitting or an individual for a week.

Breakfast Rice, Oats, and Granola

- 1 cup long-grain brown rice
- 1 cup regular rolled oats
- 1¼ teaspoons ground cinnamon
- 1 teaspoon vanilla
- ½ teaspoon ground nutmeg
- 1¾ cups granola cereal
- Condiments (suggestions follow)

In a 1½- to 2-quart pan, combine the rice and 2½ cups water. Bring to a boil; cook, uncovered, over medium heat until most of the water evaporates, 15 to 20 minutes. Cover and cook over low heat until rice is tender to bite, about 15 minutes. Spoon rice into a large bowl; set aside.

In the same pan, bring 2¼ cups water to a boil; add oats, cinnamon, vanilla, and nutmeg. Stir over low heat until oats are tender to bite, about 5 minutes. Mix the cooked oatmeal and granola with rice.

Serve hot; or cool, cover, and chill up to 1 week. To reheat 1-cup portions, stir in a 1- to 1½-quart pan over low heat about 10 minutes; add water if needed. In a microwave oven, reheat, covered, at full power (100 percent), about 1½ minutes. Add condiments to taste. Makes 6 cups; serves 6 or 7.—*Carrie E. Wills, Pittsburg, Calif.*

Per plain serving: 282 cal.; 7.2 g protein; 7.1 g fat (3 g sat.); 47 g carbo.; 15 mg sodium; 0 mg chol.

Condiments. Choose from **milk, chopped dates, raisins,** chopped **nuts, honey, maple syrup, brown sugar,** diced **dried fruit, peanut butter.**

Spiced Breakfast Grains

- 1 cup quinoa, rinsed well and drained
- 1 can (12 oz.) frozen apple juice concentrate
- 1 teaspoon ground nutmeg
- ½ teaspoon ground allspice
- 1 cinnamon stick (about 3 in.)
- 1 cup pearl barley, rinsed and drained
- 1 cup millet, rinsed and drained
- Condiments (choices precede)

In a 4- to 5-quart pan, stir the quinoa over medium heat until lightly browned, about 15 minutes. Remove from pan.

In pan, combine apple juice concentrate, 2 quarts water, nutmeg, allspice, and cinnamon; bring to a boil.

Stir in the barley; cover and simmer for 10 minutes. Add millet and quinoa; cover and simmer until the grains are tender to bite, 15 to 30 minutes.

Serve hot; or cool, cover, and chill up to 1 week. To reheat 1-cup portions, stir in a 1- to 1½-quart pan over low heat about 10 minutes; add water if needed. In a microwave oven, reheat, covered, at full power (100 percent), about 1½ minutes. Add condiments to taste. Makes 8½ cups, 8 or 9 servings.

Per plain serving: 313 cal.; 7.4 g protein; 2.6 g fat (0.5 g sat.); 66 g carbo.; 27 mg sodium; 0 mg chol. ■

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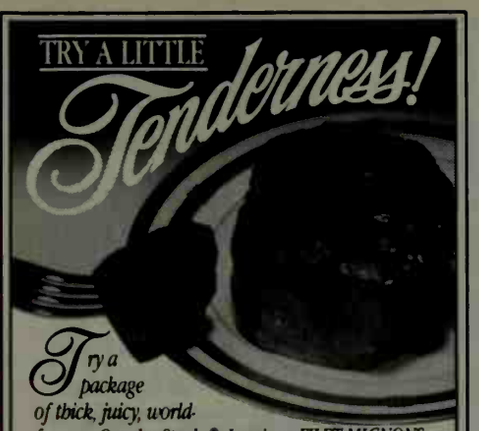

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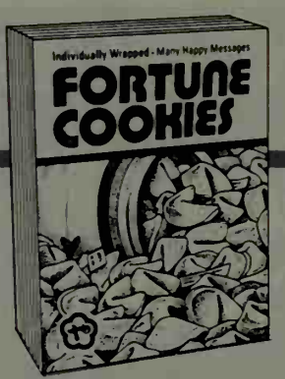

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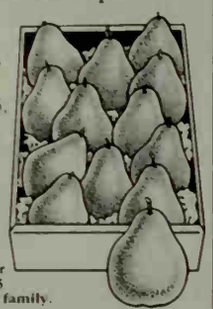

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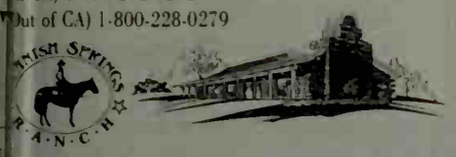

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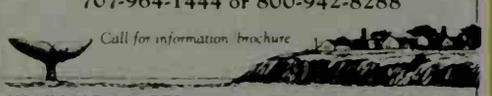

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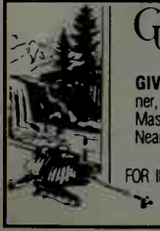

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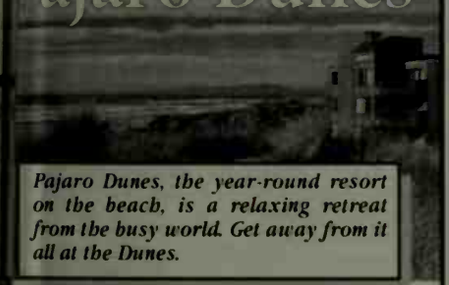

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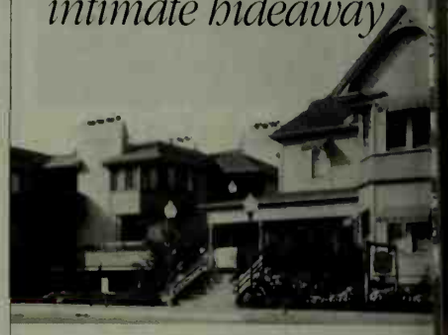

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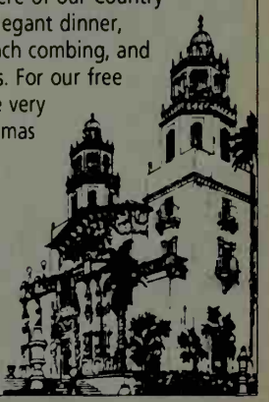

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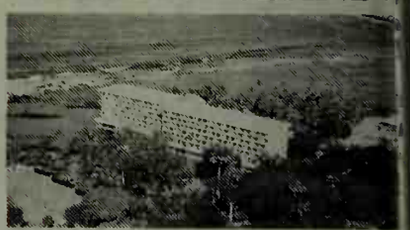

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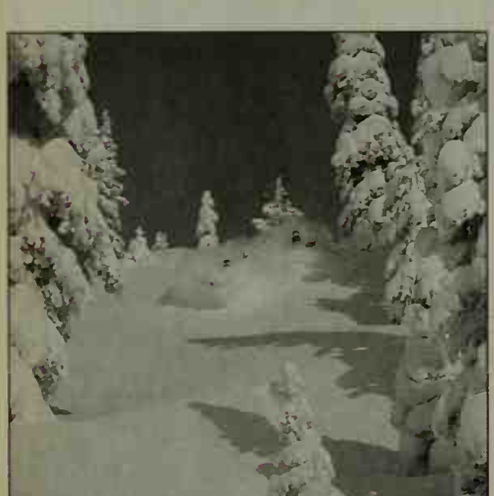

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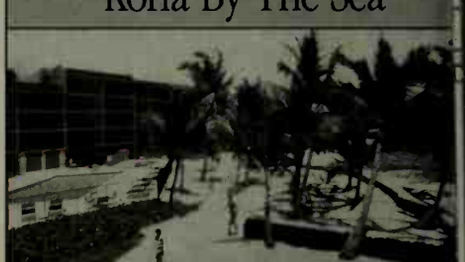

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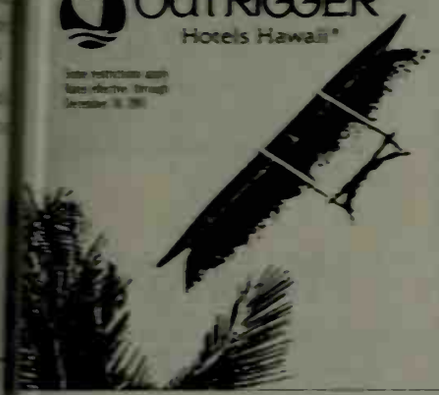

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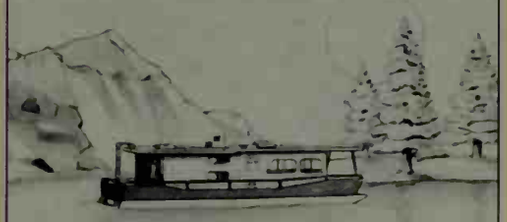

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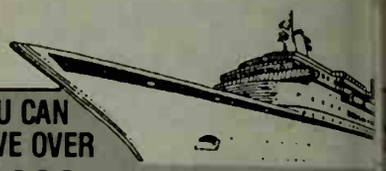

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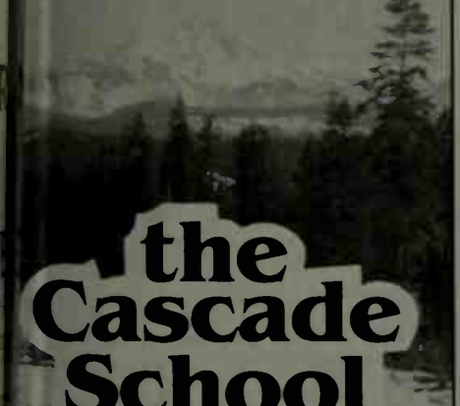

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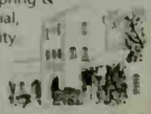

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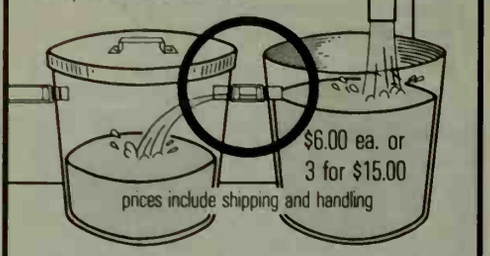

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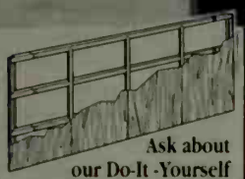

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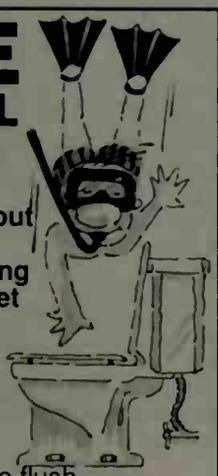

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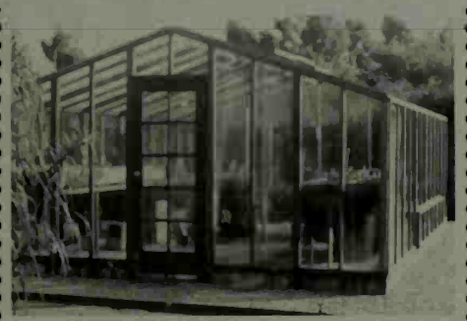

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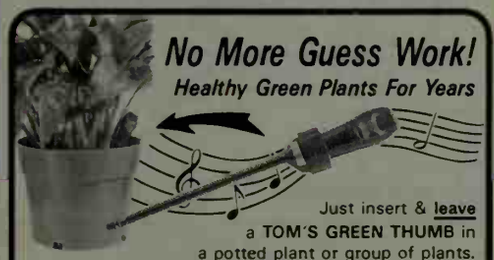

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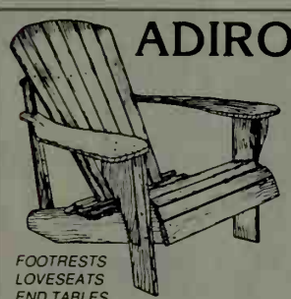

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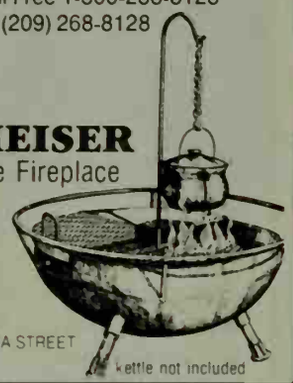

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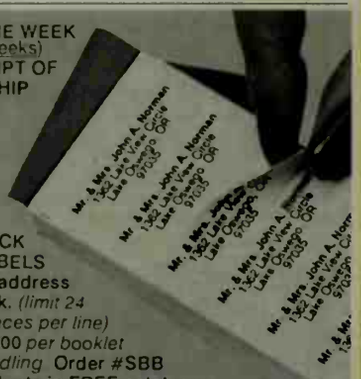

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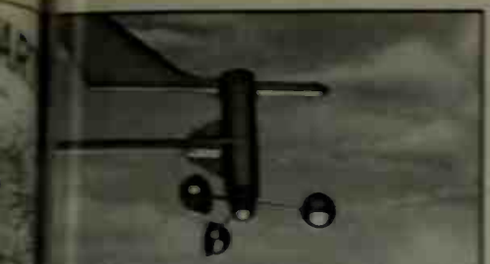

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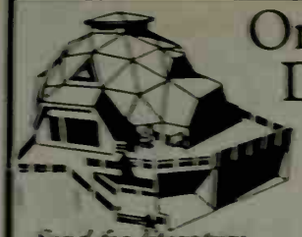

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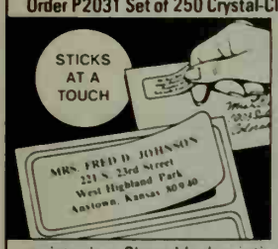

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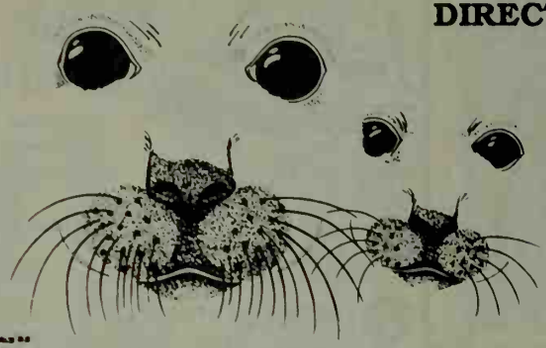

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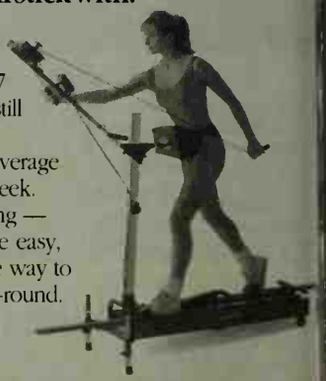

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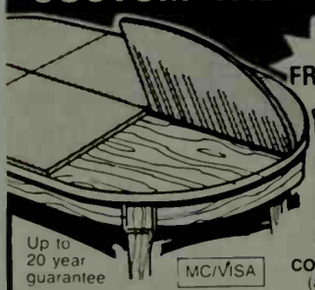

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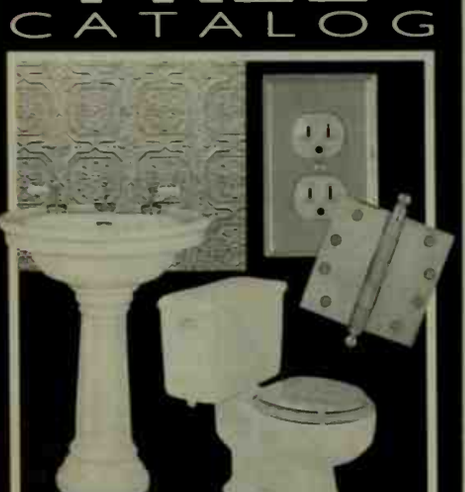
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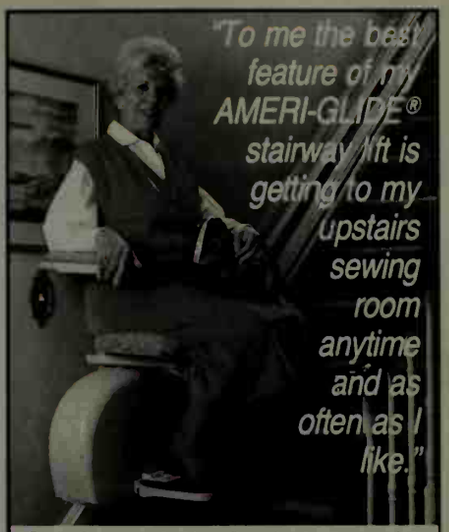

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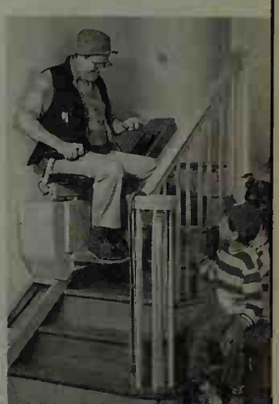

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November

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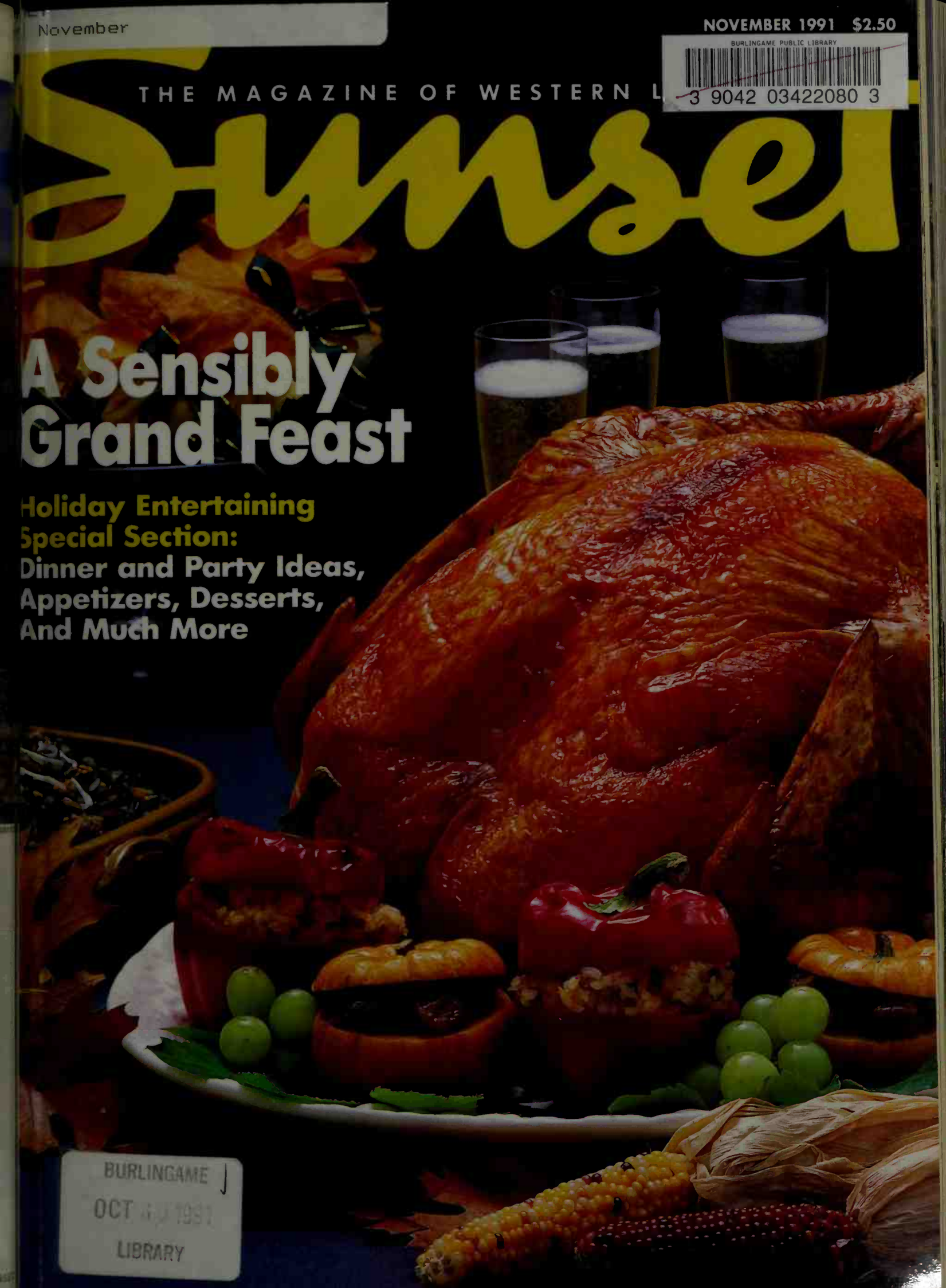

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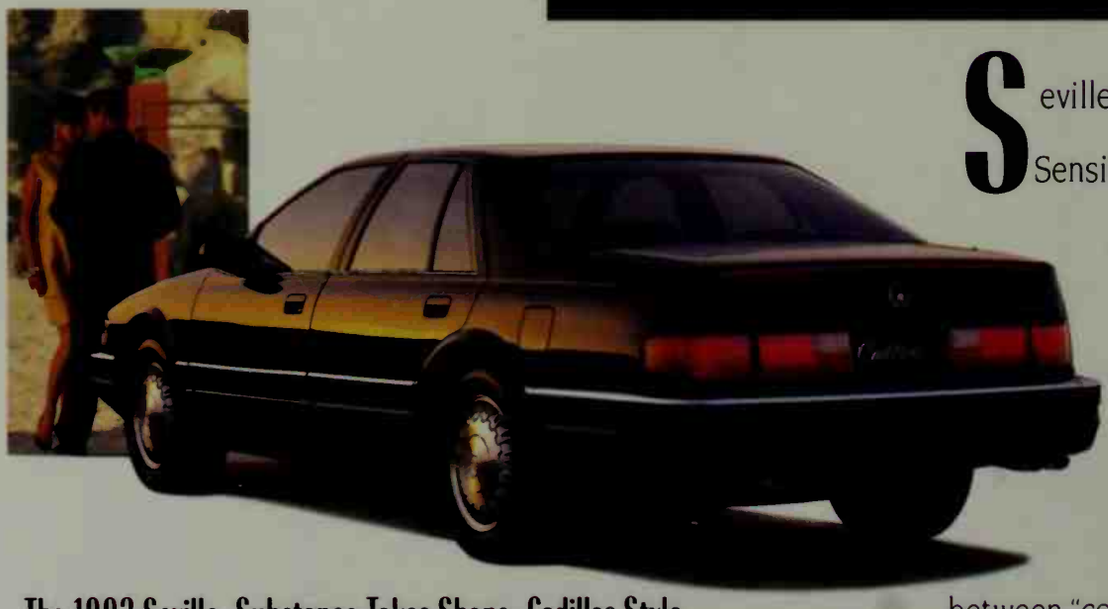

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Central West Edition

THE MAGAZINE OF WESTERN LIVING

Sunset

FEATURE ARTICLES NOVEMBER 1991

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Return of the pinnipeds

Seals, sea lions, and walruses are making an astonishing comeback. Our guide to these marine mammals explains their traits, tells where the best viewing is, and explores the issues at stake in their future.

112 Maui treasures: brilliant tropical blooms to enjoy
Come see the fields of proteas, heliconias, gingers . . . or order these exotics by mail.

116 More Western Home Award winners
Suiting the site: contemporary farmhouse in Colorado, hillside house near Fresno, California.

122 Lending a hand to the national parks
Volunteers at Golden Gate National Recreation Area show how you can help our parks.

124 Another weird and wild winter in the West?
Here's what the forecasters go by—and how you can keep your own weather watch.

128 Mexico's colors come north to Tucson
Vibrant colors revitalize time-worn adobes in the freewheeling spirit of Barrio Historico.

Cover: Thanksgiving turkey with trimmings, photographed by Darrow M. Watt.

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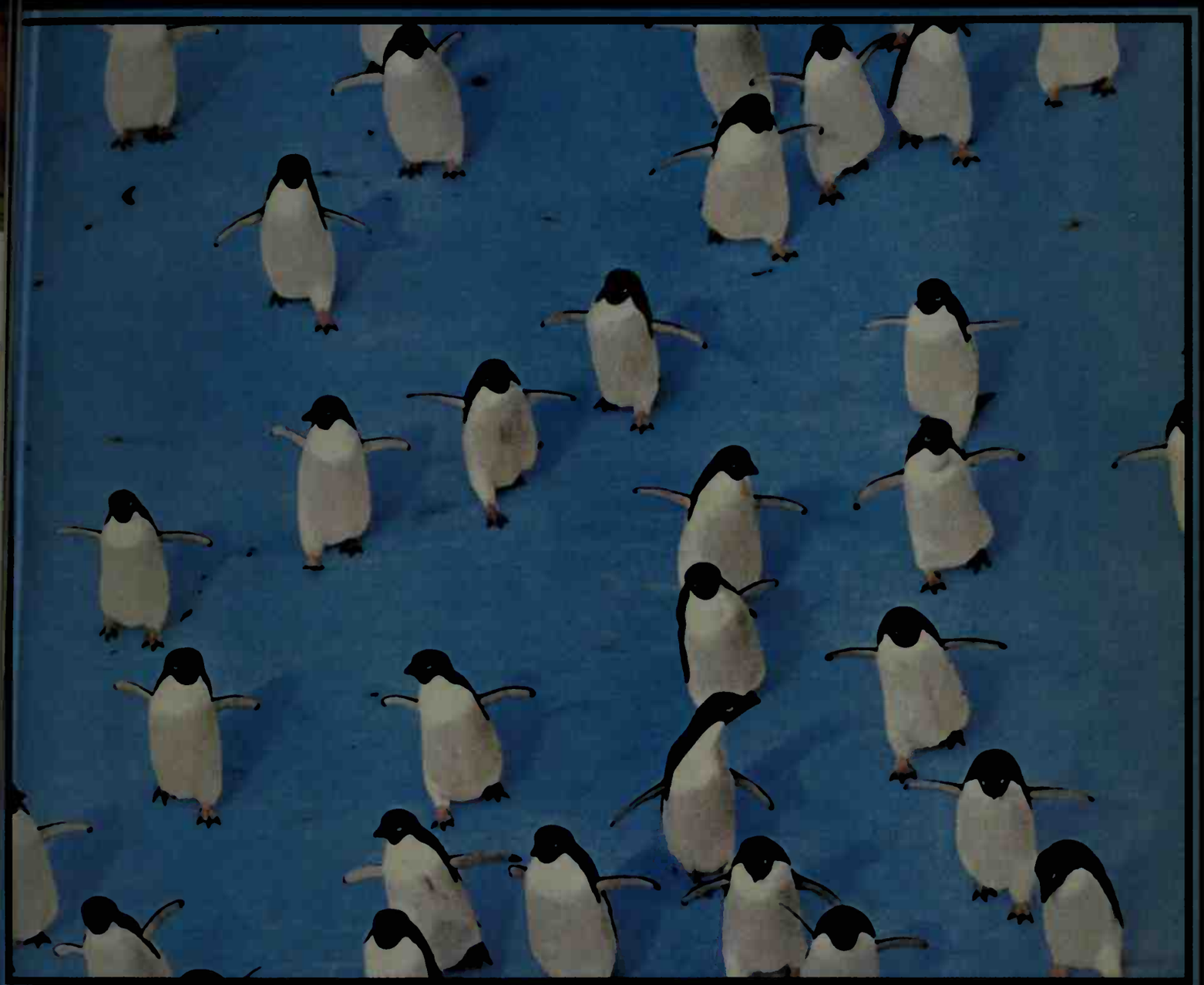

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FROM THE EDITOR

Sharing your thoughts about Sunset

THANKS TO THE EARLY-BIRD READERS WHO SHARED THEIR thoughts on the new look of *Sunset* inaugurated in last month's issue. You responded so quickly—did you write your letters on your way back from the mailbox? Our deadlines didn't allow us time to publish your comments in our Open House (page 8), but some of you brought up a few questions that we can answer right now.

Why did we change many of our pages to accommodate four "pitifully scrawny" columns of text rather than three? Primarily, we find that this format allows us more flexibility in the size and shape of photographs we can use on our single-page articles.

What are the advantages of the new perfect (square-back) binding over our old saddle-stitch (stapled) binding? Before making the change, we consulted with many readers, and their consensus was a preference for the perfect binding because it makes it easier to stack and save issues. Yes, saddle-stitching does lie a bit flatter when you open the magazine.

Thanks for noticing the increased amount of color and our bolder use of photography. At the same time (and contrary to some readers' perceptions), to show our commitment and enthusiasm for the new look, we deliberately added to the normal amount of editorial material in proportion to the amount of advertising.

You may also notice the continuation of a strong *Sunset* tradition: an ongoing dialogue with our readers. We are seeking recipes more actively than ever (and paying more for them), especially for Chefs of the West (page 230) and Kitchen Cabinet (page 216). We are counting on readers to help us compile the Best of the West—see page 61.

And, of course, if you'd just like to share your thoughts with us, please drop a line to *Sunset's* Open House.

Bill Marken Editor

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Totem tales, or . . . the Tlingit's revenge

I read a fascinating story behind the Tlingit totem pole you photographed in Seattle's Pioneer Square (September, page 60). Apparently, the original was from a Tlingit Indian village in British Columbia, and was quite unusual as it was dedicated to a woman called Chief of All Women. The totem was stolen by some Seattle businessmen and spirited away to the Pioneer Square site. The original was later removed by person or persons unknown and replaced with a duplicate.

Karen Isaacson
Lynnwood, Washington

■ *Another version of this totem tale comes from the Pioneer Square Business Improvement Area office. After the original was burned by an arsonist in 1938, a group of city fathers contracted with the Tlingits to build a replacement, and sent a check for $5,000. The cashed check came back with a note saying, "Thanks for paying for the first totem. A new pole will cost another $5,000."*

Two views on school recycling: pro . . .

I read the article in your September magazine (page 90) about the students at Johnson Park Elementary. I'm amazed but very pleased to see someone finally stand up and tell the truth about recycling and the plastics industry. To add to your statistics, polystyrene does not add to the CFCs in the ozone, like some believe, and has infinite recycling potential.

Karen M. Menné-Jacobsen
Fairbanks, Alaska

. . . and con

I was extremely disappointed in the ad (disguised as a story) that you ran in the September issue about "use it once and throw it away" polystyrene.

The three Rs of the '90s are *reduce, reuse,* and *recycle.* Recycle is last on the list. The first concept is to reduce waste. The Marysville schools should purchase durable trays instead of disposable trays. The second concept is to reuse these items. Durable metal trays can be used for years and years, just like we did when we went to school in the '60s. Then, when they are no longer serviceable, these trays can be recycled. Unfortunately, polystyrene trays do not fit these criteria.

Jane Bogner
Vallejo, Calif.

Guests on Tour at Sunset

True confession: my summers with *Sunset*

I'm a single schoolteacher and I've spent my last two summer vacations adding a second story to my little 700-square-foot cottage. With the skills and knowledge I acquired from your how-to magazine and books, I was able to increase the square footage to approximately 2,000 [see before and after photos above right]. I wouldn't have been able to afford it had I not done a lot of the work myself.

I was able to roof and side the house, brick the fireplace with pavers, and lay tile and flooring in the bathrooms with the instructions from several of your books. But my favorite project was the stair banister I copied from a photo in the October 1984 issue of the magazine (page 178).

Jill Spence
Anaheim, Calif.

A domino theory for patio pavers

You forgot to mention one thing in your August article on bricks as garden paving (page 48). Dominoes, like bricks, are twice as long as they are wide. They can be used for preplanning brick arrangements.

L. Kent Meier
Palm Desert, California

Use it specifically, and sparingly

In the September issue, the article on page 76 recommends using *Bacillus thuringiensis* to kill caterpillars on salad greens. I used to think BT was great until I was told that BT also kills butterflies.

Eleanor Young
Soquel, Calif.

■ *We share your concerns about the effects of pesticides—not only on butterflies, but on all beneficial insects and the environment. Any pesticide should be applied specifically and sparingly only to sites where it is needed. BT is organic, and in our test garden has not affected butterflies in a nearby flower bed.*

August nachos: just in the nick of time

As a Californian living in England, I've found few Mexican restaurants and even fewer authentic Mexican dishes. For the British, a literal translation seems to be the guiding factor. In one restaurant, my "refried beans" were fried red kidney beans!

Needless to say, when my August *Sunset* popped through the letterbox, nacho side up, it produced an instant mouthwatering effect and misty eyes. So forget the gelato and clambakes—you picked the cover photo that will remain one of my favorites for years. Can't wait to introduce the neighbors to Super Nachos!

Anne Ryder
Berkshire, England

■ *On page 2 of the August issue, we explained how Sunset covers are selected, showed other August cover candidates, and invited readers to comment.*

Send letters to Open House, *Sunset Magazine,* 80 Willow Rd., Menlo Park, Calif. 94025; FAX (415) 321-8193. Include a daytime telephone number.

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WESTIN Resorts

Sunset's TRAVEL GUIDE

Marsh walks on San Mateo Coast

San Jose displays environmental quilts

Free lifts for Telluride skiers

Rooftop plazas in downtown San Francisco

New hiking trail from Almaden Valley

Oakland hosts Russian settlers

Millwork tours in Eureka

RENEE LYNN

TIM DAVIS

EASY TO HEAR *but difficult to see, marsh wren is never far from reserve trails. Listen for harsh scolds followed by a trill.*

SAN MATEO COAST

An ocean-fronting marsh for solitary or docent-led walks

Pescadero Marsh is a handy leg-stretcher for drivers on State Highway 1 south of San Francisco and a worthwhile destination in its own right. With 588 acres of upland and wetland habitats, this reserve is also a significant stop on the Pacific Flyway; 230 bird species have been recorded here. The place is full of interesting biological activity. Three trails, along shoreline and atop old levees, give good access any time. Docent-led walks every weekend (Saturdays at 10:30 and Sundays at 1) help you explore the marsh ecosystem.

The Audubon Sequoia Trail, middle of the three and best for birding, was closed for many months during bridge construction on State 1. It has recently reopened and is now used for the approximately 2-hour tours.

At first, this gentle landscape looks drab. More closely observed, it reveals subtle arrays of color and texture. The restorative quiet of the place is intermittently torn by loud gangs of rising birds. After it rains, stream water eats away the sandbar that confines the main lagoon, exposing the marsh (and its food-chain dependents) to the dynamics of tidal action—and creating a feast for migratory and resident shorebirds and waterfowl. After the sandbar is breached, you can even fish for steelhead; call (415) 879-0832 to check.

Meet docents in the middle lot on the west side of State 1. At the Wetlands Van—parked, weekends, in the southern lot (at Pescadero Road)—pick up a bird check list and interpretive material.

Central West
TRAVEL GUIDE

SAN JOSE

Quilters' art in praise of the Earth

A needle and thread and some soft pieces of colored cloth may not seem like a medium that packs socio-political punch. But that's part of the appeal of an unusual installation due November 16 through January 4 at the American Museum of Quilts and Textiles in San Jose. Called Green Quilts, it brings together 15 pieces about the environment by textile artists around the nation. In fact, stitchery may be just the medium for a message on the interwovenness of living things.

Works have a surprising intensity of vision, and they represent a range of techniques. Some pieces seem more like fabric collages than quilts; one striking example, *Hole in the Ozone*, features a diaphanous gap in an overlay of blues and greens. All expand on the "women's art" of quilting to explore universal problems and themes.

At 4:30 on November 23, quilt artist Susan Shie will speak on the Green movement. Museum hours are 10 to 4 Tuesdays through Saturdays; free. Southbound on I-280, exit right on Virginia Street, then go right on Third, left on Margaret, and left on S. Second to 766. For details, call (408) 971-0323.

TELLURIDE, COLORADO

Ski for free in early and late season

Before the season gets going, skiers, hotel guests—and sometimes snowstorms—can be sparse in ski towns. Southwestern Colorado's Telluride Ski Resort offers a new ski-for-free program to lure shoulder-season skiers. With artificial and natural snow, Telluride often opens at least half its runs—mostly beginner and intermediate trails—by Thanksgiving.

At selected lodgings, from November 27 through December 20 and from March 29 through April 5, you can get two free lift tickets (worth $27 to $36 each) with selected lodging. You must reserve through The Lodges at Telluride and stay (for any length of time) at The Tomboy Inn ($85 per room per night), Viking Suites ($93), or The Fall Line Condominiums (one-bedrooms, $100). Call (800) 446-3192.

Telluride is easier to reach now, with more flights to its expanded airport. From Los Angeles (with connections from San Jose and Sacramento), Delta/Skywest offers three 2-hour nonstop flights a week. From Denver, there are six nonstops daily (on Continental and United Express).

SAN FRANCISCO

Downtown roof gardens for architectural brown-bagging

If Alfred Hitchcock were filming *Vertigo* today, he might choose San Francisco's newest outdoor plaza as the setting for Jimmy Stewart's pursuit of the elusive—but ever-glamorous—Kim Novak. It's dramatic enough, 16 floors above the Financial District. The 5,000-square-foot terrace, atop the original Crown Zellerbach building, at 343 Sansome Street, makes a visually stimulating (and mostly sunny) spot for a weekday picnic.

Rows of 'Swan Hill' olive trees fill the roof garden's western end, framing views of ghost-like monumental statues emerging from the mansard-roofed building just west, at 580 California. The eastern area resembles a gigantic sundial: a large obelisk by artist Joan Brown is set in a square plaza, with a 12-pointed star of vivid paving radiating from its base.

Architects John Burgee and Philip Johnson incorporated the plaza into their high-rise project to comply with open-space requirements in San Francisco's 1985 Downtown Plan.

Two other roof gardens have also been built to meet those requirements: the Crocker Roof Terrace, at Montgomery and Post streets, with fine views across Market to the refurbished Sheraton Palace; and the Sun Terrace, at 100 First Street, up one flight of steps from Mission.

The Montgomery Street BART stop is convenient to all three rooftop parks.

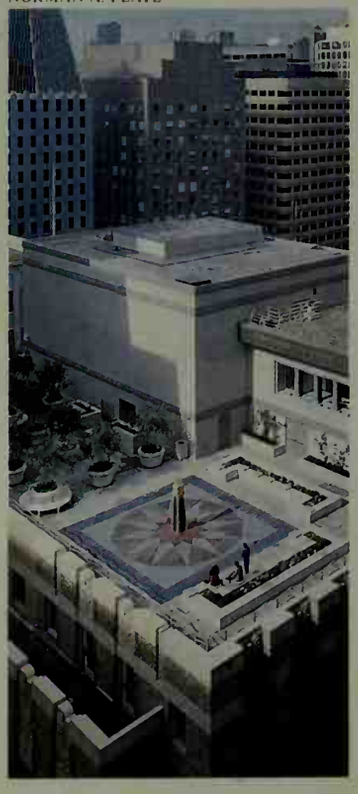
SOUTH BAY AREA

New trail links parks, extends hiking options

Another piece of the Bay Area Ridge Trail—this one 10 miles south of downtown San Jose—is now open. Stile Ranch Trail, a delightfully quiet volunteer-built path, rises through hilly grassland that passes near (and is actually part of) IBM's impressive Almaden Research Center.

The trail links an existing walkway along Alamitos and Calero creeks with trails to the east in Santa Teresa County Park. In 15 well-

NORMAN A. PLATE



TILED OBELISK *is gnomon-like center of sundial design in new rooftop garden atop deco-era San Francisco skyscraper. It's a great place for a weekday sandwich.*

We were cruisin' Highway 34 when Lenny said, "Take the left fork."

"Why?" I asked. Lenny's answer, "Why not?" My husband the navigator. The kids spotted icicles on the shady side of the rocks. More advice from Lenny: "Take the trail between those two big boulders." I was dubious. But Lenny repeated, "Why not?," adding, "The Sidekick® is built to go just about anywhere." So off we went. Four wheelin' uphill. Plenty of power from its 16-valve engine. Lenny was in all his glory. "Go left." An old Doobie Brothers cassette played. A deer bounded by just to our right. I checked the mirror to see if the kids saw her, but they were asleep. "This Sidekick is almost too comfortable," I whispered. Lenny winked at me and said, "Pull over under that tree." I smiled and answered, "Why not?"

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[3]EPA-estimated MPG w/5-sp manual transmission. This vehicle handles differently from ordinary passenger cars. Federal law cautions to avoid sharp turns and abrupt maneuvers. Always wear your seat belt. For specific details, please read your Owner's Manual. Please *Tread Lightly* on public and private land.

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engineered switchbacks, it climbs above the Almaden Valley floor, offering views as far as Mount Hamilton. The unshaded walk can be uncomfortable in warmer months but is just right now. Bicycles and horses are permitted.

For a 3-mile out-and-back walk between the Stile trailhead and Santa Teresa's Pueblo Picnic Area (off Bernal Road), take Almaden Expressway south to Harry Road. Turn right, follow Harry to McKean Road, turn left, and take McKean about a mile east to Fortini Road. Follow Fortini north to San Vicente and a parking area.

After walking the Stile Ranch Trail, you can try an older 2¼-mile section of the Bay Area Ridge Trail, going northwest from the Stile trailhead. Whereas along Stile Ranch you walk through California grassland, in the 1¼ miles from the Stile trailhead along Calero Creek to IBM's main gate, you sample farm and orchard country like what once stretched from Niles and Mountain View to Gilroy and Hollister. In the last leg, on an asphalt-paved hairpin that runs northwest along Camden Avenue and then south along Alamitos Creek, you traverse 20th-century suburbia.

OAKLAND

Russians are coming: a ground-breaking museum venture

A long-obscured aspect of California's multicultural history is coming into clearer focus, thanks to the *glasnost* movement in the Soviet Union. With help from seven Soviet museums and archives, objects documenting Russian settlement attempts in the American West have been made accessible here. Russian America: The Forgotten Frontier is on view at the Oakland Museum October 26 through January 5.

Visitors see Russian artworks created in response to 18th- and 19th-century explorations from the Bering Sea to Baja California, as well as objects from everyday life in these outposts: weapons, games, and household and ceremonial objects. The show also presents historical documents, many outside the Soviet Union for the first time; these include the canceled check for $7.2 million with which the United States acquired Alaska in 1867.

The show kicks off with an all-day historical symposium October 26. December 7, the museum hosts a Russian folk festival, with singing, dancing, and crafts demonstrations. For more information, call (510) 273-3401.

EUREKA, CALIFORNIA

Victorian millwork in California's timber country

"This contraption is an 1852 picket pointer used on the 'old man line,' where mills put employees too old to operate the big power machinery," explains Eric Hollenbeck, as he deftly cuts a perfect Gothic point on a board with two quick plunges of an iron lever. This tool is just one of dozens of antique woodworking machines that Hollenbeck has stumbled across in local brier patches or tracked down across the country and restored for use in his Eureka-based Blue Ox Millworks. His museum-like sawmill specializes in reproducing Victorian millwork on the same machines used to create the originals.

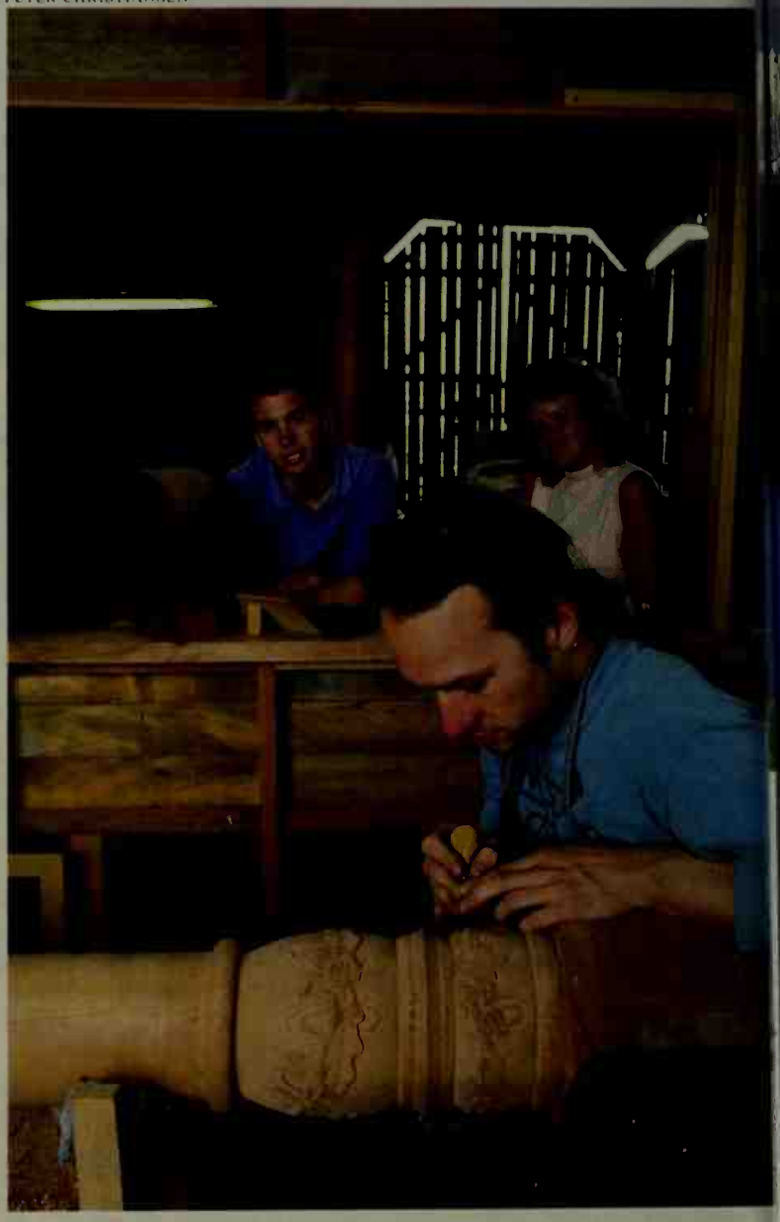
Blue Ox recently opened to visitors interested in the inner workings of one of the country's few remaining job (custom) shops.

In the former North Mountain Power Company building (where electricity was generated for Eureka's trolleys until 1947), placards describe the vintage machinery you see turning columns, carving rosettes, and cutting redwood gutters. A 52-inch circle saw and other sawmill equipment cut logs up to 30 inches in diameter into the full-dimension and odd-size lumber used in the Victorian era. Although tours are self-guided, machine operators are happy to answer questions.

Hollenbeck is also constructing a skid road town with an operating steam donkey, an old-time gas station, and a puppet theater that will dramatize logging history in Humboldt County.

Tours are 9 to 5 daily, 11 to 4 Sundays; call (800) 248-4259 to confirm hours. Cost is $5 adults, $4 seniors, $2.50 ages 6 through 12. The mill is at the foot of X Street, three blocks north of Fourth. ■

PETER CHRISTIANSEN



MILLWORKER PUTS FINISHING PETALS *on floral design encircling reproduction of Victorian column.*

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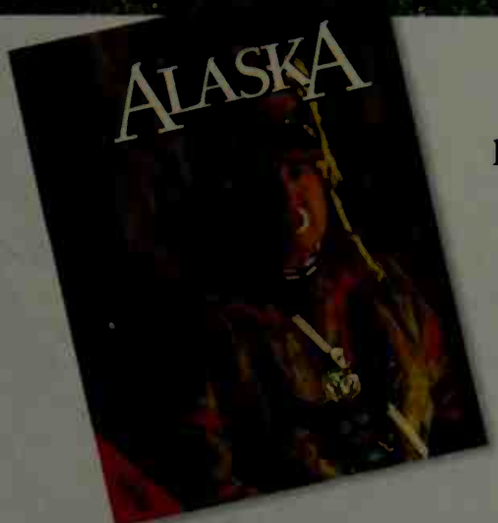

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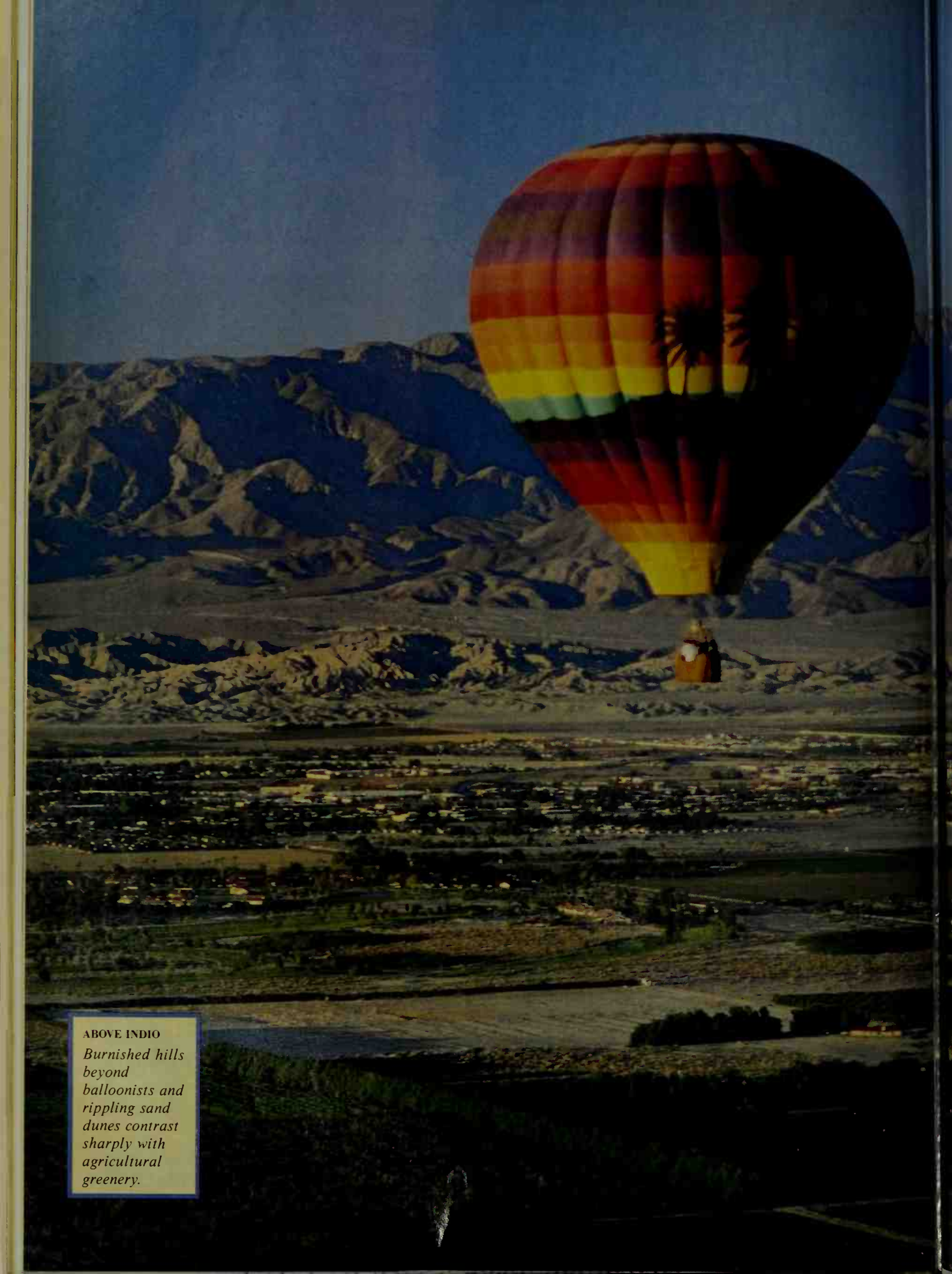


ABOVE INDIO
Burnished hills beyond balloonists and rippling sand dunes contrast sharply with agricultural greenery.

Coachella Valley

IT'S PALM SPRINGS, OPEN DESERT, COWBOYS, SKIING, AND A LOT MORE

Floating on thermals in a hot-air balloon, you see the Coachella Valley stitched together in a quiltwork of contrasts across this pocket of the

LONNIE DUKA

READY TO SADDLE UP *in his red chaps, Dusty leads greenhorns on rides near La Quinta.*

WEST PALM SPRINGS

You enter the valley through hillsides of wind machines. Cabazon houses outlet stores for, among others, Guess?, Nike, Eddie Bauer, Royal Doulton, Esprit.

CATHEDRAL CITY

No cathedral here: expect strip malls, discount stores, and only one real resort — Doubletree Desert Princess, Vista Chino Drive and Landau Boulevard; 322-7000. The only valley town without strict zoning, Cathedral City earns the title of "Doughnut capital of the Coachella" with its concentrations of fast-food restaurants. Stop by the Trading Post (68736 Highway 111; 328-9744) for a gander at taxidermied chickens and desert animals.

PALM DESERT

At the center of valley activity, there's something for nearly everyone: a 150-store shopping mall with a skating rink, a shopping district with name designers, the McCallum Theatre for the Performing Arts, 23 golf courses, and The Living Desert preserve.

SAN JACINTO MOUNTAINS

For the best valley views short of lifting off in a balloon, take the 20-minute aerial tram ride to 54 miles of hiking and cross-country ski trails in the San Jacinto Wilderness. It runs every half-hour, 10 to 8 weekdays, 8 to 8 weekends. Cost is $14 for adults, $9 for ages 3 through 12; 325-1391. To join hikes to canyon waterfalls, jeep tours to palm oases, see page 26.

PALM SPRINGS

Who stays here? Businesspeople wanting to be close to the convention center, students and families looking for the desert's best bargain lodging. You can make hotel, tour, and activity reservations through the visitor center: (800) 347-7746; 9 to 5 weekdays, 9 to 4 weekends. The past lives on at the 1885 McCallum Adobe and Cornelia White's 1894 house of railroad ties. Go to the Desert Museum for dioramas of desert life, Moorten's for the cactus garden. Or try a romantic ride in a horse-drawn carriage.

RANCHO MIRAGE

Home to Frank Sinatra and Gerald Ford, this exclusive community has good biking paths, some 30 eateries along Restaurant Row, a bighorn sheep preserve (behind the Ritz-Carlton), and the Palm Springs Desert Resorts Convention and Visitors Bureau — best source on lodging, dining, and activities. It's in the Atrium Building, 69930 Highway 111; 770-9000. Hours are 8:30 to 5 weekdays.

SAN JACINTO MOUNTAINS

Colorado Desert. The first incongruity you notice is the verdure of vegetation poaching on desert sand.

HALF-DAY JEEP TOUR *takes you 2,000 feet up through bighorn sheep habitat in the Santa Rosa Mountains.*

Described by a government expedition more than a hundred years ago as "an immense waste of uninhabited country," this 25-mile stretch from Palm Springs to Indio supports 70 velvety golf courses, which drink almost a million gallons of water a day (though agricultural tiles beneath recycle more than 70 percent).

And what isn't green, it sometimes seems, is azure blue: 10,000 swimming pools and dozens of artificial lakes, streams, and cascades punctuate resort and condominium complexes.

Credit a giant aquifer (16 billion acre-feet, a gift of the Ice Age) for metamorphosing a pristine desert described in 1928 as being good for "horseback riding and hiking, hiking and horseback riding" into a semitropical fantasyland in less than 50 years.

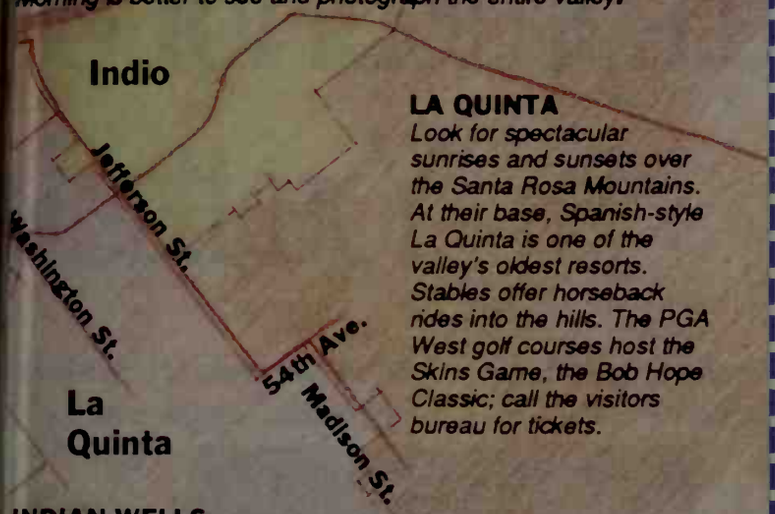
Today, the sheer diversity of activities available is a large part of the appeal for winter vacationers, from riding the desert range with a real cowboy to top-down cruising past chic shops, from cross-country skiing to floating in a pool under snow-frosted peaks.

The winter season—with 70° to 80° days—kicks off this month. Thanksgiving is a busy weekend, but lodging during the Christmas holidays is generally easy to get as late as early December (with limited availability right up to Christmas).

Peak season starts in mid-January with the Bob Hope golf tournament and runs through March; best bets then are mega-resorts and

INDIO

Come for dates, polo, balloon rides. Annual Date Festival will be February 14 through 23 next year. October through April, there are weekend matches at El Dorado and Empire polo clubs. Several balloon companies in the yellow pages offer 1-hour trips (about $125 with hotel pickup). Flights depart at sunrise or late afternoon. Morning is better to see and photograph the entire valley.



LA QUINTA

Look for spectacular sunrises and sunsets over the Santa Rosa Mountains. At their base, Spanish-style La Quinta is one of the valley's oldest resorts. Stables offer horseback rides into the hills. The PGA West golf courses host the Skins Game, the Bob Hope Classic; call the visitors bureau for tickets.

INDIAN WELLS

Named for the wells hand-dug by Cahuilla Indian women, this is a small town with big events. Private country clubs — The Vintage, Eldorado, and Indian Wells — host major PGA events; call the visitors bureau (number at left) for ticket information. The Hyatt Grand Champions (44600 Indian Wells Lane, 341-1000) draws crowds to tournaments at its 10,500-seat tennis stadium across from the Stouffer Esmeralda mega-resort.

SANTA ROSA MOUNTAINS

CACTUS GARDEN *in Wolfson Park borders part of bikeway that winds 6½ miles from Palm Springs to Rancho Mirage.*

WATER HAZARD REFLECTS *Santa Rosa Mountains rising from fairways at La Quinta's Dunes, a popular links-type course.*

LONNIE DUKA

FOR CROSS-COUNTRY SKIING, *take the aerial tram to the 8,500-foot station at San Jacinto State Park.*

smaller condominiums. The April weeks that coincide with colleges' spring breaks bring crowds to lower-priced accommodations.

At resorts we mention, minimum double-occupancy rates range from $175 to $275 in winter (October through May). For advice on condominium rentals, see page 26. The telephone area code is 619.

PALM SPRINGS: SONNY BONO'S MAIN STREET

The original resort for desert rats doesn't know if it wants to go back to the grizzled old town whose first mayor was a cowboy, or let its current mayor, Sonny Bono, give it a facelift.

A certain charm still remains in Palm Springs. Eighty percent of the hotels (a city ordinance prohibits the word "motel" on signs) are small affairs with fewer than 50 rooms. One is the 56-year-old Ingleside Inn (200 W. Ramon Road; 325-0046), where Clark Gable and Carol Lombard honeymooned.

For an introduction to the Coachella Valley, visit the Palm Springs Desert Museum (101 Museum Drive; 325-7186). Besides displaying some 1,300 American Indian artifacts, it sponsors the best nature field trips ($2 to $4) in the valley. We particularly enjoyed a hike up Palm Canyon through a fan palm oasis leading to a waterfall.

Among numerous bikeways, try the Canyon Country Club loop—a 4½-mile ride away from busy traffic; the recreation department

(Continued on page 24)

How do you improve o a symbol for qu You mak

The New LeSabre

Buick LeSabre has earned an enviable reputation for quality. Of course, that didn't stop the people at Buick from striving to make LeSabre even better.

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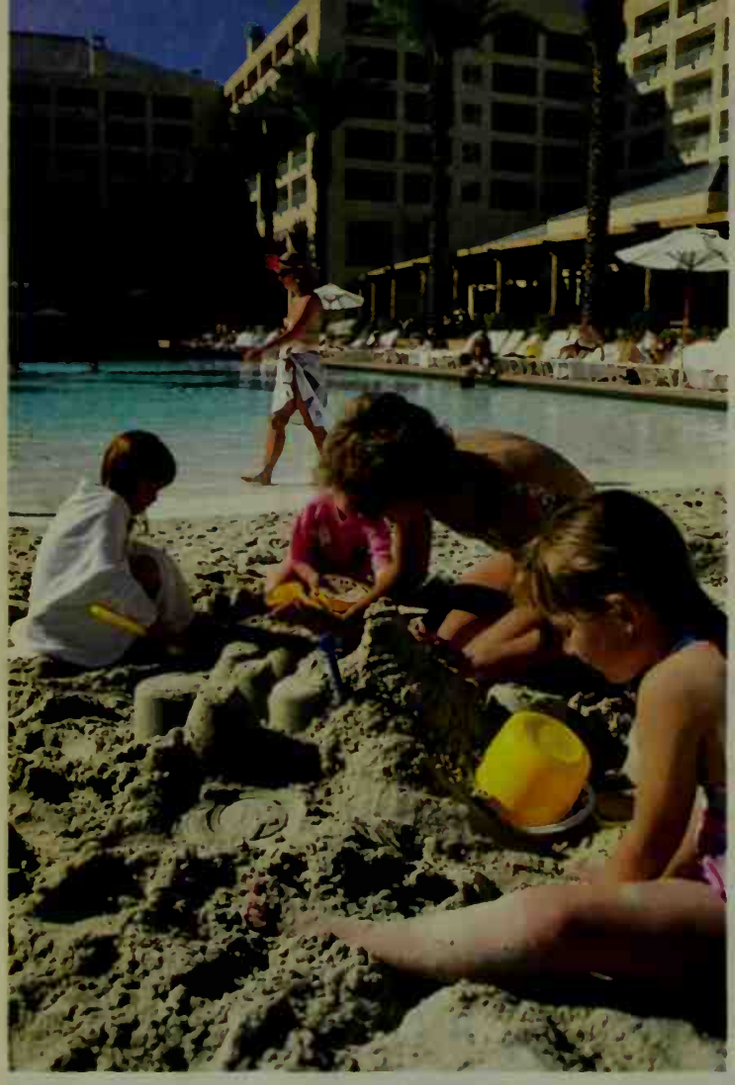

SANDY BEACH *is part of poolscape at Stouffer Esmeralda resort in Indian Wells.*

LONNIE DUKA

CELEBRITIES *like Alan King lure fans to many valley golf and tennis tournaments.*

(323-8272) has free maps. Rentals are available by the hour, day, or week from many bicycle shops and some resorts. Desert Cyclery (70155 Highway 111, Rancho Mirage; 321-2453) will deliver bikes throughout the valley.

Smoke Tree Stables (2500 Toledo Avenue; 327-1372) offers guided horseback rides to the Indian Canyons; cost is $40 for 2 hours.

RANCHO MIRAGE: GLITZ AND GLAMOUR

Rancho Mirage reflects the exclusive glamour of desert life. Monikers of major streets boast of residents such as Dinah Shore and Bob Hope, and three main resorts let visitors live the life of the well-heeled.

Marriott's Rancho Las Palmas (41000 Bob Hope Drive; 568-2727), has sprawling adobe-style haciendas that are well suited to families. The Moroccan-style Westin Mission Hills (Dinah Shore and Bob Hope drives; 328-5955) reopened in August.

The sumptuous Ritz-Carlton (68900 Frank Sinatra Drive; 321-8282) backs up to a 900-acre refuge for bighorn sheep, which regularly visit the hotel to munch on the petunias. Best viewing is in mornings and afternoons; to catch a glimpse, reserve for Sunday brunch ($29.50).

Our favorite bike trail (6½ miles) offers a look at action on such famous private links as Morningside and Tamarisk. It begins at Wolfson Park (Frank Sinatra and Da Vall drives).

PALM DESERT: RIDING A MONORAIL OF GROWTH

This is the heart of the valley, with rapid growth in condos, resorts, and golf courses. The largest of the valley's mega-resorts is the 891-room Marriott's Desert Springs (74855 Country Club Drive; 341-2211), surrounded by 23 acres of lakes and waterways. Its 50-million-gallon lake starts in the lobby and extends outdoors along 3 miles of shoreline.

Palm Desert's vast supply of condos, popular with families, gives the town a residential feel. It also helps bring traffic to a standstill. The rule of thumb is to take alternate routes to Highway 111 whenever possible. (To connect retail centers, the city is considering a Disneyland-style monorail.)

Along six blocks of palm-lined El Paseo, shops, restaurants, and art galleries make it the desert's Rodeo Drive. To see the real desert, visit The Living Desert (47900 Portola Avenue), a 1,200-acre wildlife and botanical park. Hours are 9 to 5 daily; admission costs $5.50 adults, $2.50 ages 3 through 15.

LA QUINTA: ELEGANCE OF THE OLD VALLEY

If Palm Desert is the center of the valley, La Quinta is

In these pockets you could find several mislaid dollars, some tissues and a rather linty throat lozenge.

Beneath these cushions lies a comb, some old pet toys and lots and lots of change. All of it yours for the taking.

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LONNIE DUKA

AFTERNOON TEA *is served amid Ritz-Carlton's brocaded elegance from 2:30 to 5 each day; La Quinta Hotel also offers a daily tea.*

A FAVORITE BREAKFAST STOP *of Palm Springs locals since 1945, Louise's Pantry is known for homemade pastries, pies.*

its essence. Both the town and its world-famous resort feel intimate, off the beaten track, and old California.

La Quinta Hotel (49499 Eisenhower Drive; 564-4111) was built 65 years ago as a 20-casita hotel at the foot of the Santa Rosa Mountains, still one of the valley's most beautiful settings. Today, Mexican-style cottages are scattered around desert gardens and 25 pools.

To sample the area, take a cowboy-led ride past wispy smoke trees and prickly ocotillo at the Ranch of the 7th Range (564-1414). Ponies are available for children as young as 5.

INDIO: STILL A FARMING CULTURE

The valley's oldest city is also "Date Capital of the World," and it has several direct sales growers. One of the oldest is Shields Date Gardens (80225 Highway 111; 347-0996); it has a tasting room, and a theater continuously shows *Romance and the Sex Life of the Date.*

Indio is also known for polo. Eldorado Polo Club (342-2223) and Empire Polo Club (342-3321) are both on 51st Avenue between Monroe and Jefferson streets. Except for some celebrity tournaments and special events, admission is free. Picnic on the lawns to enjoy the mixed ambience of cowboys drinking beer in the back of pickups parked next to limos hosting tailgate parties of champagne and catered food.

THE WILD AND THE TAME

If you want to golf around, some 30 courses are open to the public. A short list of our favorites includes Indian Wells ($80 greens fee), La Quinta ($100), Marriott's Desert Springs ($100), Mesquite Country Club ($60), PGA West ($175), and Westin Mission Hills ($80). (Some private courses have reciprocal arrangements with lodging facilities.)

A lesson at the Institute of Golf in Palm Desert (341-2491) costs $30. The Junior Golf Clinic (341-4323), for ages 6 through 17, offers free lessons 1:30 to 3 Saturdays.

Desert Adventures (324-3378) runs a 2-hour trolley tour highlighting Palm Springs' heritage and the Indian Canyons. Or take a 3-hour jeep ride into the Santa Rosa Mountains or along the San Andreas Fault. You'll learn how Cahuilla Indians roasted stalks of agave so they tasted like asparagus, and such tidbits as the fact that Wyatt Earp once owned a gold mine here. Daily tours cost $25 to $125.

Covered Wagon Tours (347-2161) leads mule-drawn prairie schooners through the Coachella Valley Preserve. Cost is $40 adults, $20 ages 7 through 16.

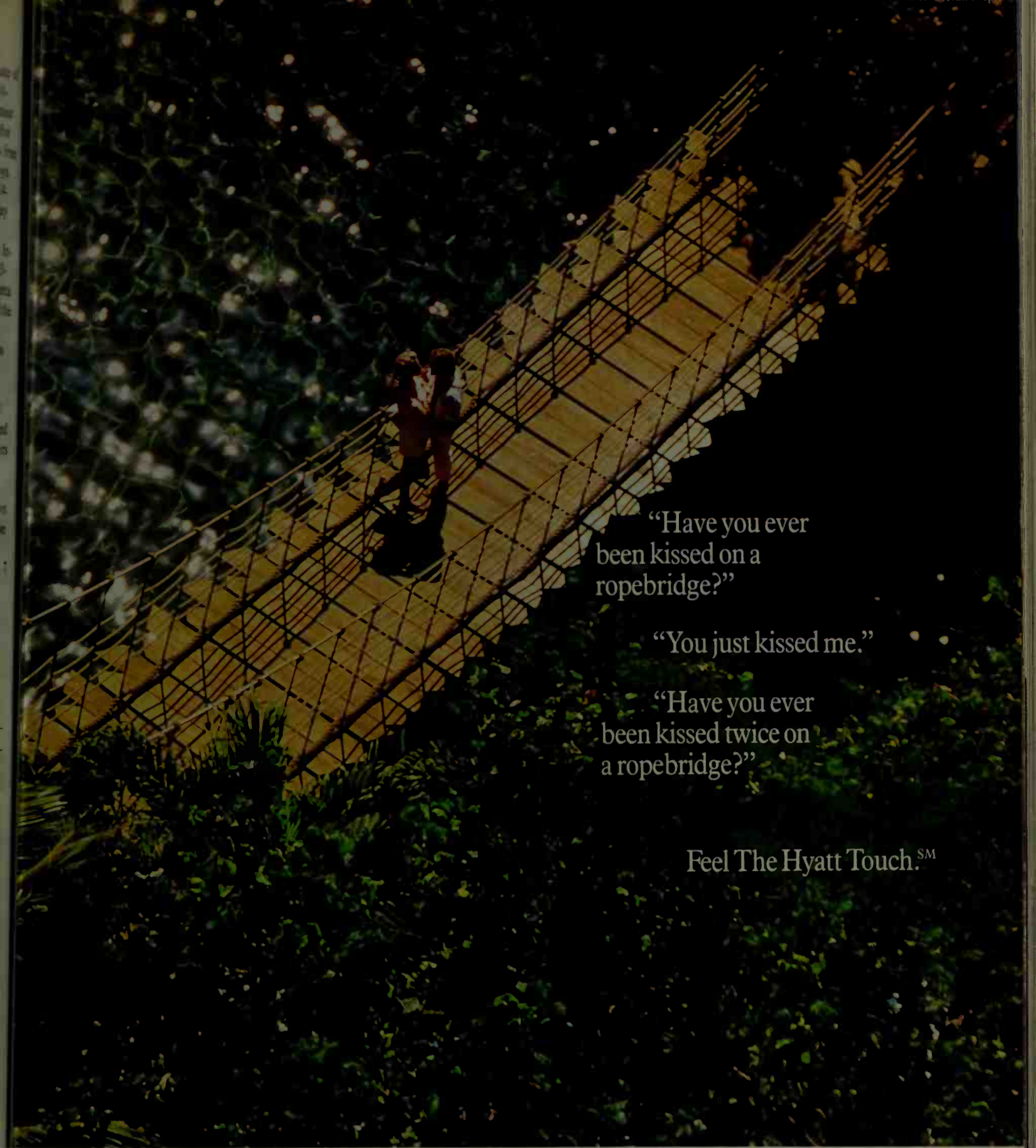
California Jeep Rentals (322-9799) rents daily ($50) or weekly ($290) to those who want to explore off-road on their own.

THE CONDO ADVANTAGE

The bigger your family or the longer your stay, the more you may want to consider a condominium or rental home. While you won't get daily maid service, you will—in general—get a place to cook, a washer and dryer, and more living space.

On a daily basis, most two-bedroom condominiums are comparable in price to the double-occupancy hotel rooms we've mentioned. Weekly and monthly rates vary greatly, but an average two-bedroom condo costs $750 to $1,000 a week, $1,500 to $2,000 a month.

Most condos are in Palm Springs or Palm Desert, but some are available in other communities as well. Call Continental Properties (773-9951), Desert Condo Rentals (320-6007), Desert Sunshine Rentals (568-9629), The Rental Connection (320-7336), or Sunrise Company Rentals (345-5695). ■



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PETER CHRISTIANSEN

RENEE LYNN

COLD AND SLUGGISH *monarch fascinates visitors on Ardenwood tour. Scientists tag some butterflies (left) to track migration; if you find a dead tagged one, note location and mail it to tag address.*

Where the monarchs hang out

A new wintering spot in Fremont . . . also Santa Cruz, Pacific Grove, Pismo Beach

IT'S A GOOD YEAR for monarchs, the orange-and-black butterflies that winter in California. In an East Bay park, a new wintering spot has been discovered, and Pacific Grove passed a bond issue to save another site.

These miraculous migrants come from all over the states west of the Rockies—traveling as far as 2,000 miles and at speeds up to 10 mph—to winter at sites from Fremont to Pismo Beach. October to March, they hang in dense clusters on Monterey pine and eucalyptus branches.

Bring binoculars; on a sunny day, you may see clouds of them flutter off branches, seeking warmth. They have trouble flying at temperatures below 55°, so tread lightly; the forest floor may be littered with fallen monarchs.

WHERE TO SEE THEM

Fremont. At the East Bay's Ardenwood Regional Preserve, naturalists have found about 10,000 monarchs in a grove of eucalyptus trees.

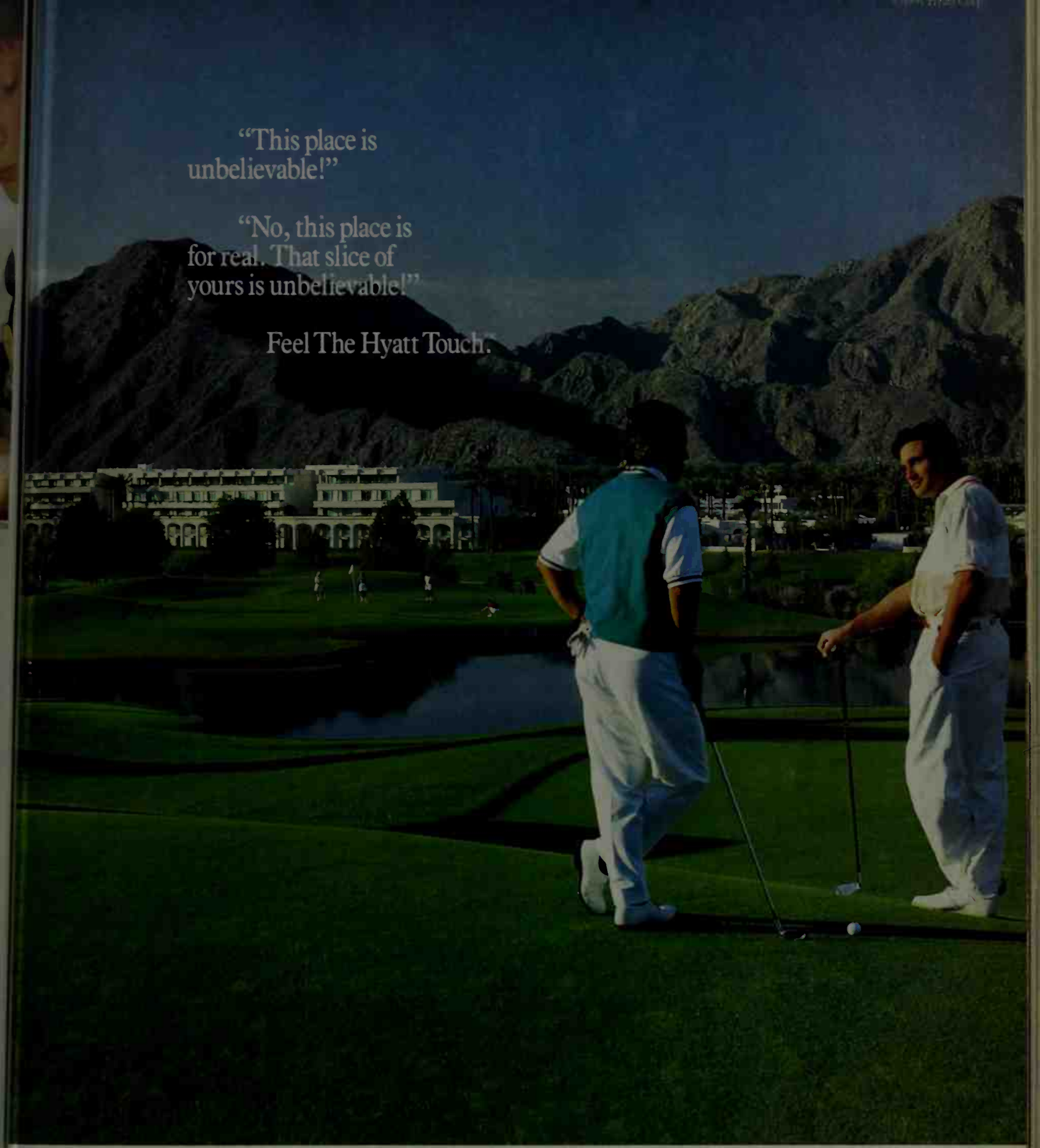
Get a close look on Butterfly Focus Days, November 2, 9, 16, and 23. The 45-minute guided walks include a slide show. Tours begin at 11:30, 1:30, and 2:30; call (510) 796-0199 for reservations.

Through November 10, the park is open 10 to 4 Thursdays through Sundays; admission is $5, $2.50 ages 4 through 17. In winter it's open only on tour dates; free. From I-880, take the Decoto Road/Dumbarton Bridge exit west, then exit onto Ardenwood Boulevard. Turn right on Ardenwood; go one block.

Pacific Grove. Voters passed a $1.2-million bond to save a major grove next to the Butterfly Grove Inn, at Lighthouse Avenue and Ridge Road.

Other sites. In Santa Cruz, Natural Bridges State Beach (west end of W. Cliff Drive) gets up to 100,000 monarchs; 8 to dusk, $6 parking. Pismo State Beach, near San Luis Obispo (off State 1, ½ mile north of Grand Avenue in Grover City) gets more than 100,000; dawn to dusk, free. ■

BOARDWALK *at Natural Bridges helps guide visitors to grove of butterflies.*



Indian Wells, California

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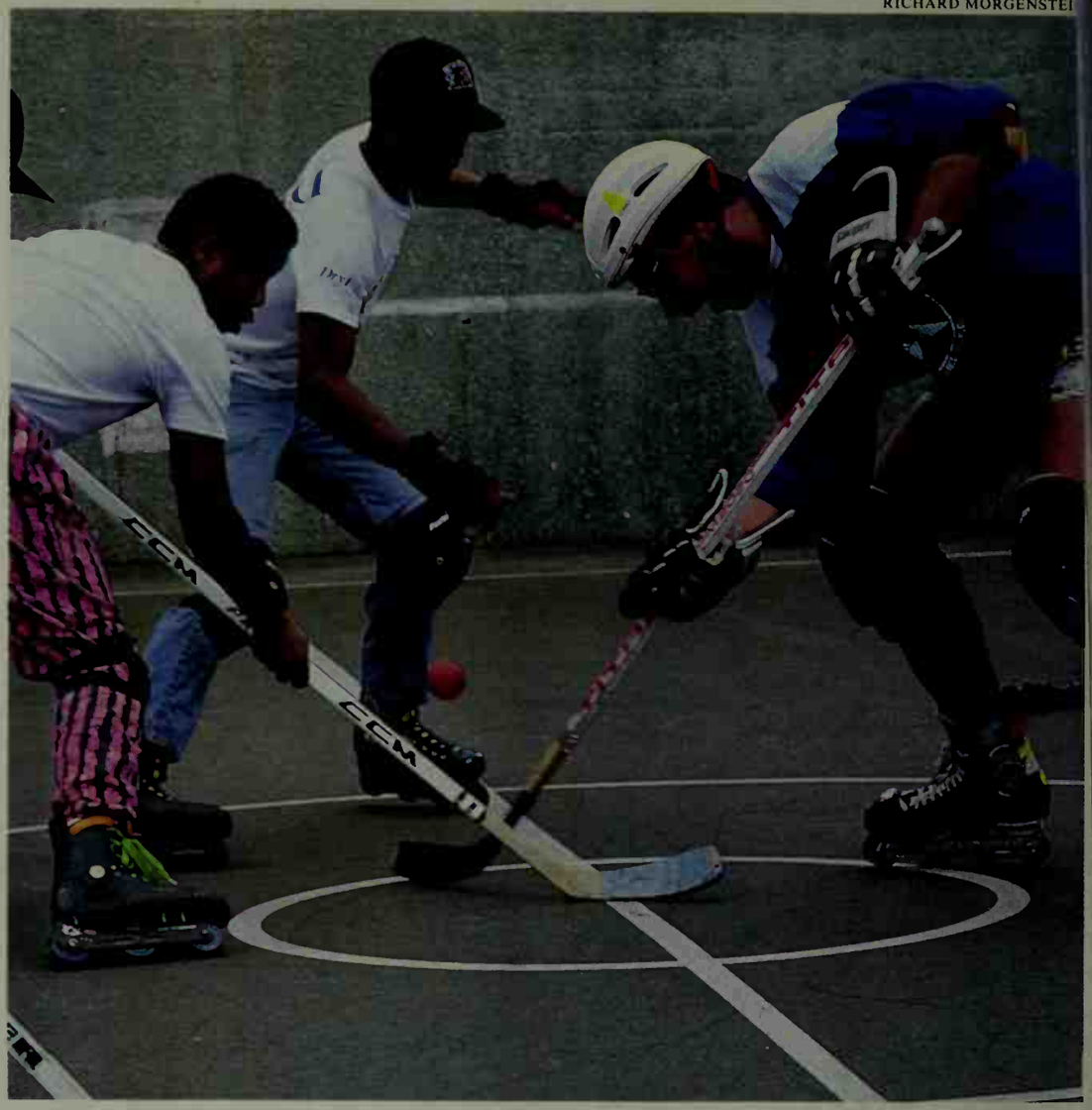
Why leave it to the Sharks?

Professional hockey is back in the Bay Area. Here are ways you can take to the ice . . . or dry land

RICHARD MORGENSTEI



IN-LINE SKATERS *wait for ball to drop in roller hockey face-off on basketball court.*

MARCIA LEPLER

GOALIE BLOCKS SHOT *with padding donated by San Jose Sharks to community center for street hockey programs.*

PROFESSIONAL hockey returns to the Bay Area this fall for the first time since the San Francisco Seals packed off to Cleveland in 1976. The San Jose Sharks take to the ice for their inaugural season home opener on October 5 at San Francisco's Cow Palace, where they'll play other NHL teams for the next two years while awaiting completion of their permanent arena in San Jose.

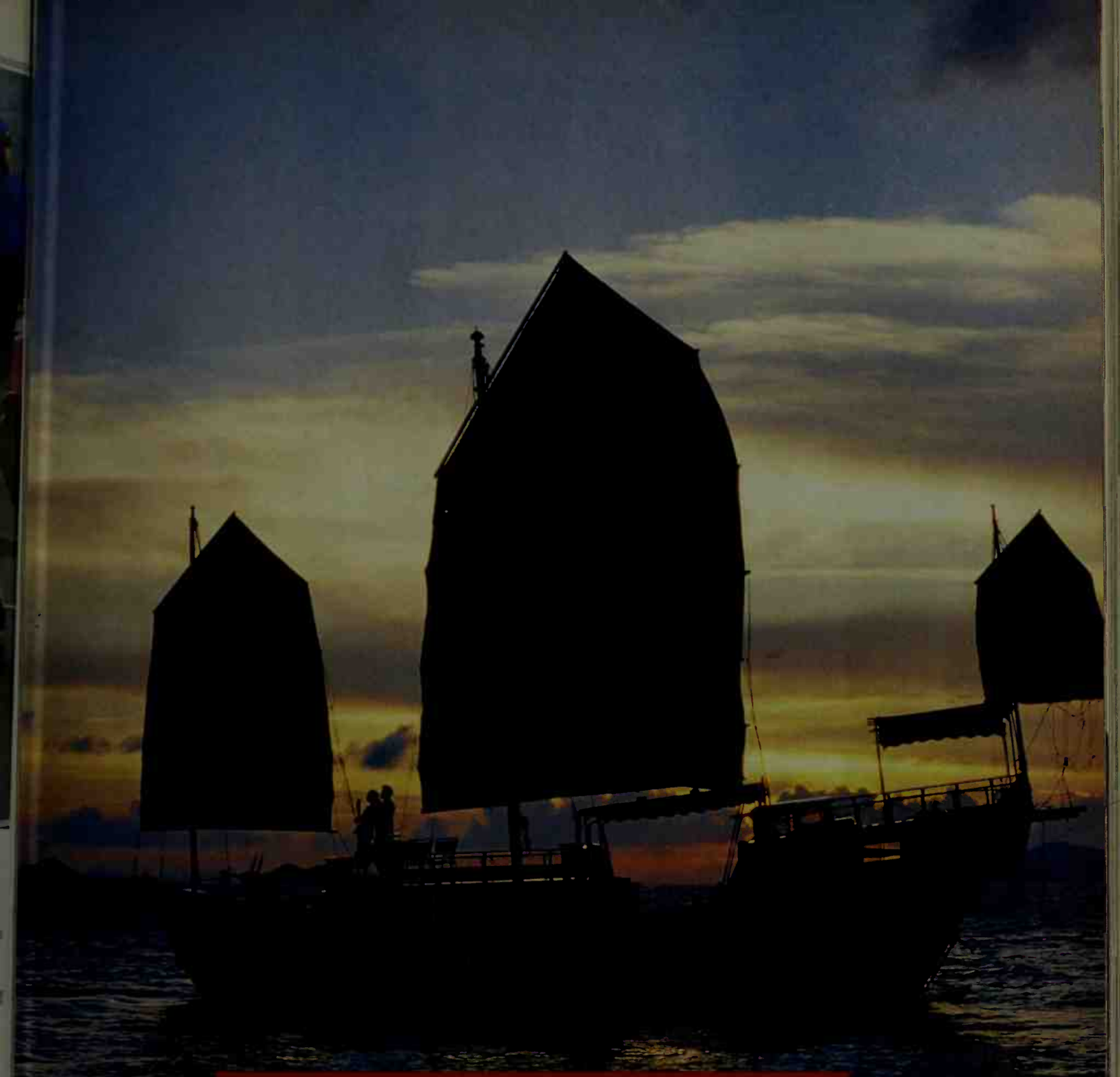
For fans who are inspired to take a more active interest in the sport, a number of choices let children of all ages and adults participate in hockey-related activities around the Bay Area. Even novices who don't know a Zamboni from a zucchini can find programs that will teach them how to handle a stick and puck on ice or dry land.

Ice hockey. Eight youth clubs throughout northern California sponsor competitive play at local ice rinks. Each offers a three- to six-week beginner program that teaches the basic skills of skating and hockey. To find a club in your area, call the Norcal Junior Hockey Association at (415) 578-0108.

Adults who want to relive their glory days at the rink or try hockey for the first time can sign on with one of 45 Bay Area teams; call Hockey North America at (415) 586-4240. Eight-week training sessions include all levels.

Street hockey. As part of their effort to get young people excited about the sport, the Sharks are supplying sticks, plastic pucks, nets, protective goalie equipment, and rule manuals for street hockey to community centers throughout the Bay Area. Call your nearest center to find out if it's participating; if it's not, call the Sharks' community development director at (408) 287-4275 to ask how to get a program started.

Roller hockey. Although this fast-paced alternative to hockey has been around for years, the advent of in-line skates has spurred an upsurge in the sport's popularity. So far, teams and games have sprung up somewhat informally at playgrounds in San Francisco, Berkeley, and Sacramento. The Sharks are looking into organizing teams into a state league. To find out if skaters play regularly in your area, call the Outdoor Roller Skating Association of America at (415) 864-5819. ■



A great place for nightlife

Hong Kong's nightlife is just one of the exciting experiences United Airlines can help you discover. There are so many other things to see and do — from visiting the 235 outlying islands, to watching an ancient festival, or sampling the finest Chinese cuisine, and of course, shopping at some of the most tempting places you've ever seen!

United Airlines offers you great Hong Kong Holiday packages, priced from only **$1,244*** for West Coast departures and from $1,468* for East Coast departures. Prices include round trip airfare, five nights at the Lee Gardens Hotel or the Ramada Inn — Kowloon, daily American Breakfast, round trip airport/hotel transfers, half day Hong Kong Island Tour, a United Vacations flight bag with document holder and luggage tags, and the Hong Kong à la carte Discount Coupon Booklet featuring special holiday package offers in Hong Kong. Other hotels available at additional cost.

* Prices are per person based on double occupancy and mid-week travel, valid from September 1, 1991 to December 13, 1991. From December 14—31 prices will be $1,362 West Coast and $1,586 East Coast. $16.00 U.S. departure and customs tax and $2.00 U.S. Agricultural tax are included. Prices subject to change.

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SS/11/91

TOUR LEADER *Grace Ann Walden talks tortas with owner of North Beach deli R. Iacopi & Co.*

Cooks' tours of San Francisco

Culinary walks take you through Chinatown and North Beach

INSPECTING *a handful of ong choi and other bitter greens, chef and caterer Ruby Tom shares stir-frying secrets on a tour through colorful markets in Chinatown.*

PETER CHRISTIANSEN

ONLY TWO RULES apply on a culinary walking tour through Chinatown or North Beach: arrive with an empty stomach and throw away your map.

Then let yourself be guided by the aroma of cappuccino drifting past cafe curtains, the sweet fragrance of Oriental herbs, and the advice of an expert food guide.

Blending neighborhood history with culinary tips, three local chefs host 3½- to 4-hour feasting adventures through San Francisco's two most visited ethnic communities.

Peek inside a steamy rice noodle factory, where young women carefully wrap pork dumplings between their fingers. Or warm yourself beside the oven in an Italian bakery as the morning's first batch of sourdough rises.

NORTH BEACH

More than 65 trattorias line the black-tiled storefronts of "Little Italy," and food writer Grace Ann Walden knows each one. Learn where to find the best *tiramisù* (an Italian dessert layered with chocolate, ladyfingers, and mascarpone) or an eye-opening "Sicilian"—three shots of espresso in one mug. You'll schmooze with the owners of Walden's favorite delis and bakeries while you sample prosciutto, fresh sfogliata (an unusual layered pastry), and mascarpone torta.

Walden shares secrets on finding the best olive oils and offers advice on cooking risotto the old-fashioned way: slowly, adding ladles of chicken stock to a special arborio rice grown in the Po Valley.

Tours are offered the second and fourth Saturdays of each month; groups are limited to 18. Cost is $30. For reservations, call Grand Tours at (510) 654-8824.

CHINATOWN

Beneath the gaudy tangle of lanterns and neon, a seemingly endless stream of consumers converges on Chinatown's produce, meat, and fish markets. Chef and author Shirley Fong-Torres adds 12 more to the crowd each time she leads a 3½-hour walk she calls "the grazing tour."

After a brief lesson in Chinese greetings, Fong-Torres explains how to cook lotus root, bitter melon, lily stems, and other exotic produce you'll see. In a cookware shop, she explains how to protect meats and vegetables from burning (line the clay pots with cabbage leaves).

As she draws attention to the traditional handwork permeating Asian life, you observe workers at a fortune cooky factory, a pastry shop, and a painter's studio; and—on the darker side—you pass by sweatshops where women sew 12 hours a day at minimum wage.

Sample the vegetarian versions of sweet and sour pork, braised beef, and chicken, and finish with a dim sum lunch at J & J Restaurant.

Groups are limited to 12; cost is $40. Call Wok Wiz Tours at (415) 355-9657.

Chef Ruby Tom offers a tour very similar to Fong-Torres's.

You start in Portsmouth Square, where Asian elders gracefully practice tai chi chuan and poker players prolong their slow games.

Tom performs the tea rites at a relaxing ceremony at Ten Ren Tea Co., offering each guest a tiny cup filled with flavorful green oolong. Afterward, you visit an herbal store, where you'll find the Chinese cure for whatever ails you, or so the sign says: white fungus for a better complexion, winter worm grass for healthier lungs, dried sea horses for increased virility.

Tours cost $30. To reserve, call Glorious Food Culinary Tours at (415) 441-5637. ■

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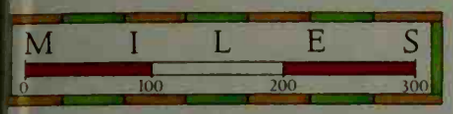
Starting October 26, 1991 and continuing through March 28, 1992, the Westward will offer 7-day cruises from Los Angeles to Acapulco, and then on alternate weeks, from Acapulco to Los Angeles.



So, while most other 7-day cruises are heading back ome after only visiting Cabo San Lucas, Puerto Vallarta nd Mazatlan, we take you to yet more exotic ports of call.

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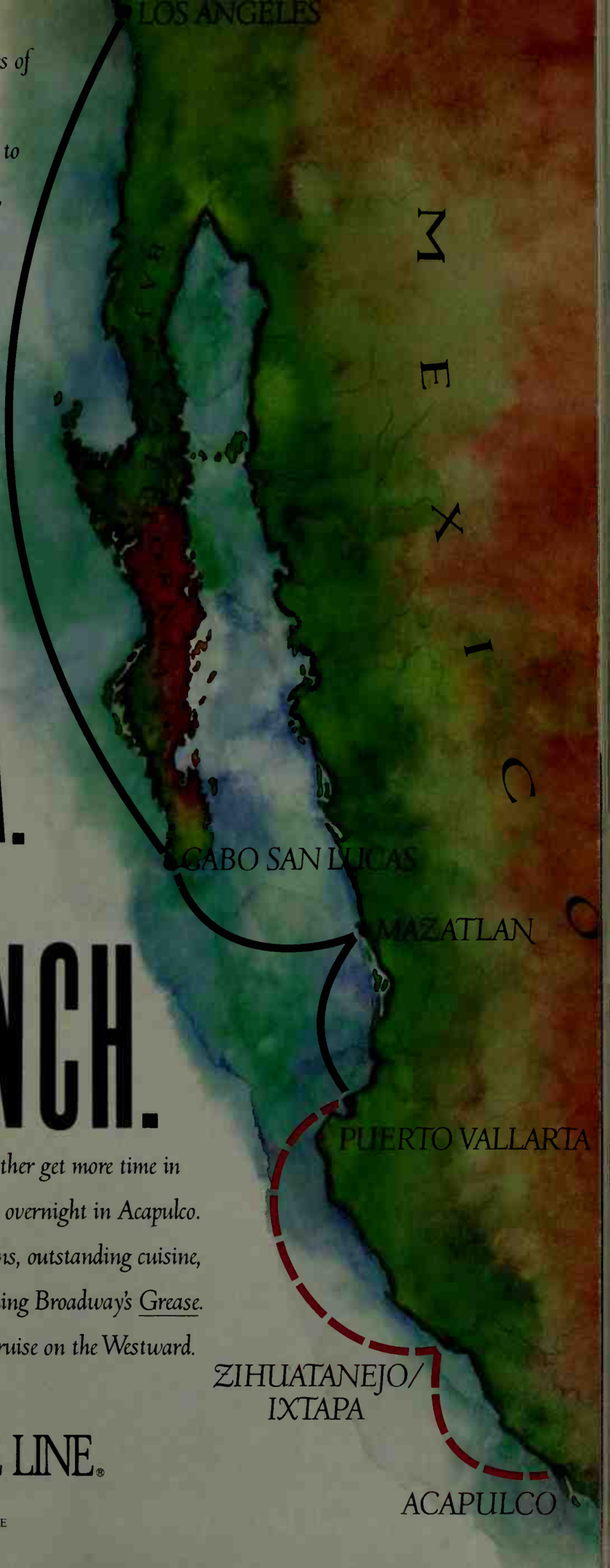

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DARROW M. WATT

IN MUSEUM SANDBOX, *Allosaurus and Camptosaurus stand over reclining Camarasaurus and Stegosaurus.*

Utah's early settlers on display in Price

JUST ABOUT EVERY Western town can boast of a history museum filled with spinning wheels, hand-cranked phones, and other local artifacts of the past century or so. Price, Utah, can make a more unusual claim. The ages of many of the exhibits in its College of Eastern Utah Prehistoric Museum are measured not in decades but in eras spanning millions of years.

The newly renovated museum contains a remarkable wealth of archeological and paleontological treasures, ranging from dinosaur skeletons to Fremont Indian pottery, that were found in nearby canyons, quarries, and coal mines. It's a worthwhile stop for travelers en route from Salt Lake City to the national parks of southeastern Utah.

LEAPING LIZARDS *tussle in front of Prehistoric Museum.*

A GIANT SANDBOX FOR GIANT LIZARDS

The centerpiece of the museum's Hall of Dinosaurs is a large oval sandbox filled with standing and reclining skeletons of dinosaurs known as *Allosaurus, Camarasaurus, Camptosaurus,* and *Stegosaurus.* In contrast to the cast replicas found in most museums, all but one are real fossils, unearthed at the Cleveland-Lloyd Dinosaur Quarry about 30 miles south of Price (the *Camptosaurus* was cast from a skeleton found in the quarry). The quarry has yielded more Jurassic era (200 to 140 million years ago) dinosaur skeletons than any other in the world.

Mounted on a wall of the upstairs gallery is a duck-billed *Prosaurolophus.* Underneath it march truly monstrous footprints that were left by dinosaurs in a local coal mine.

Paleontologists are continuing to make significant finds in the Price area. Through a laboratory window, you can see parts of two recently discovered skeletons being extricated from their rock matrix—a small armored *Nodosaurus* and a *Camarasaurus* quite a bit larger than the one lying in the sand pit. Or better yet, ask about volunteering to take part in museum-sponsored digs.

A WING FOR MAN AND MAMMOTH

A creature of a much later vintage than dinosaurs will soon greet visitors to the Hall of Man: preparators are currently casting a replica mammoth skeleton that will stand at the front of the hall devoted to the mammoth's biped contemporaries. For now, visitors can watch a video that describes the surprising discovery of an almost intact mammoth skeleton during the construction of a dam in nearby Huntington Canyon.

The oldest known inhabitants of this region belonged to the Desert Archaic culture, which lasted until about A.D. 500. They are represented in a 12- by 22-foot mural that replicates the ghostly figures they painted on a wall of Horseshoe Canyon (which is now part of Canyonlands National Park).

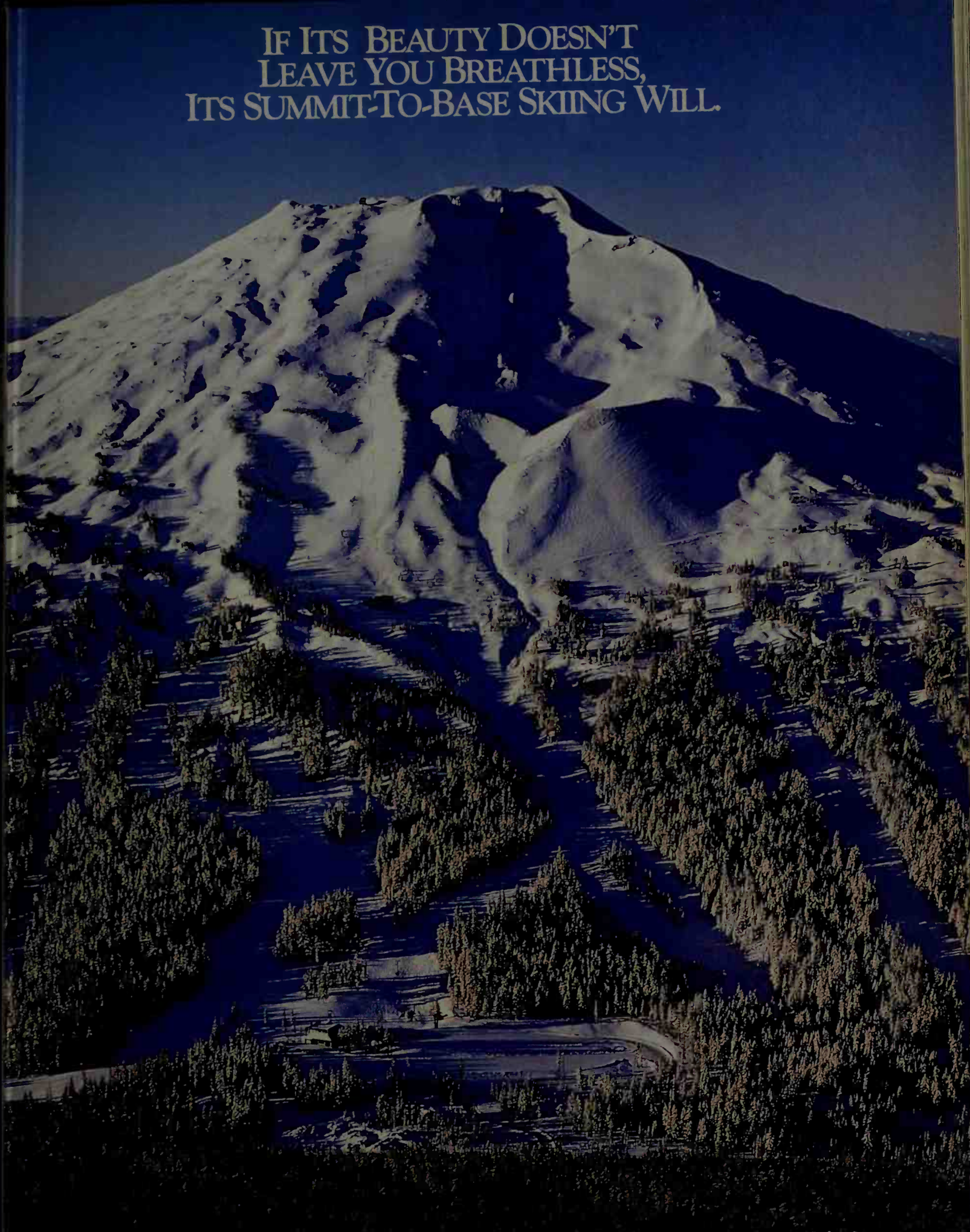
One of the museum's most prized possessions is a collection of 10 unbaked clay figurines created by a member of the Fremont culture, which inhabited Utah from about 500 to 1300. The pieces, named the Pilling Figurines after the Price rancher who discovered them in a cave, are considered the finest of their type ever found. A diorama of a woman grinding corn outside a Fremont pit house offers a glimpse into the way of life of these Indian people.

Another diorama of an Indian family in a tepee recreates the traditional but more recent lifestyle of the Ute Tribe. Decorated buffalo robes and baskets, each hundreds of years old, are among the other Ute artifacts displayed at the museum.

GALLERY, GIFT SHOP; DIRECTIONS, HOURS

Poster-size photographs of ancient rock art, taken by the late Gary Smith, now reside permanently in the museum's new art gallery, which also hosts traveling exhibits. A gift shop sells books and other items related to paleontology and archeology.

Price is 119 miles southeast of Salt Lake City. From U.S. 6, take the Price exit to Main Street and turn north on 200 East; the museum is on the left. Hours are 10 to 5; donations are accepted. ■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Oakland's fledgling air museum

You can include a look into Indiana Jones's flying boat

R. VALENTINE ATKINSON

STAR OF THE SHOW *and the Western Aerospace Museum's biggest plane is Halycon flying boat. Trainer module (left) mimics instrument flying; you can try it if docents are on duty.*

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THE GOLDEN AGE OF AVIATION had a brief flowering at Oakland's North Field. In 1927, Charles Lindbergh flew in to dedicate the field, and Amelia Earhart launched several flights, including her last, tragic voyage, in 1937. It's fitting, then, that the Western Aerospace Museum is taking shape here, near Oakland International Airport.

This fledgling, volunteer-run museum opened in 1989 in a former Boeing hangar. It's the first of its kind in the Bay Area, and growing fast, boasting 10 planes (1920s to 1950s), aviation artifacts, and exhibits.

You'll view such rarities as a 1932 Penguin, a 24-foot-long pilot trainer. Buffs will enjoy seeing old but pristine engines, including a twin of the one that powered Lindbergh's *Spirit of St. Louis;* nearby sits a huge torpedo bomber of the type President Bush flew in World War II. Fittingly, there is also an L-10 Electra, the same 1935 plane model that Earhart piloted on her last flight.

One exhibit is devoted to General James Doolittle and his famous World War II raid on Tokyo. Others look at early airliners, the roles of women in aviation and space, the "river rat" jet pilots of Vietnam, and more.

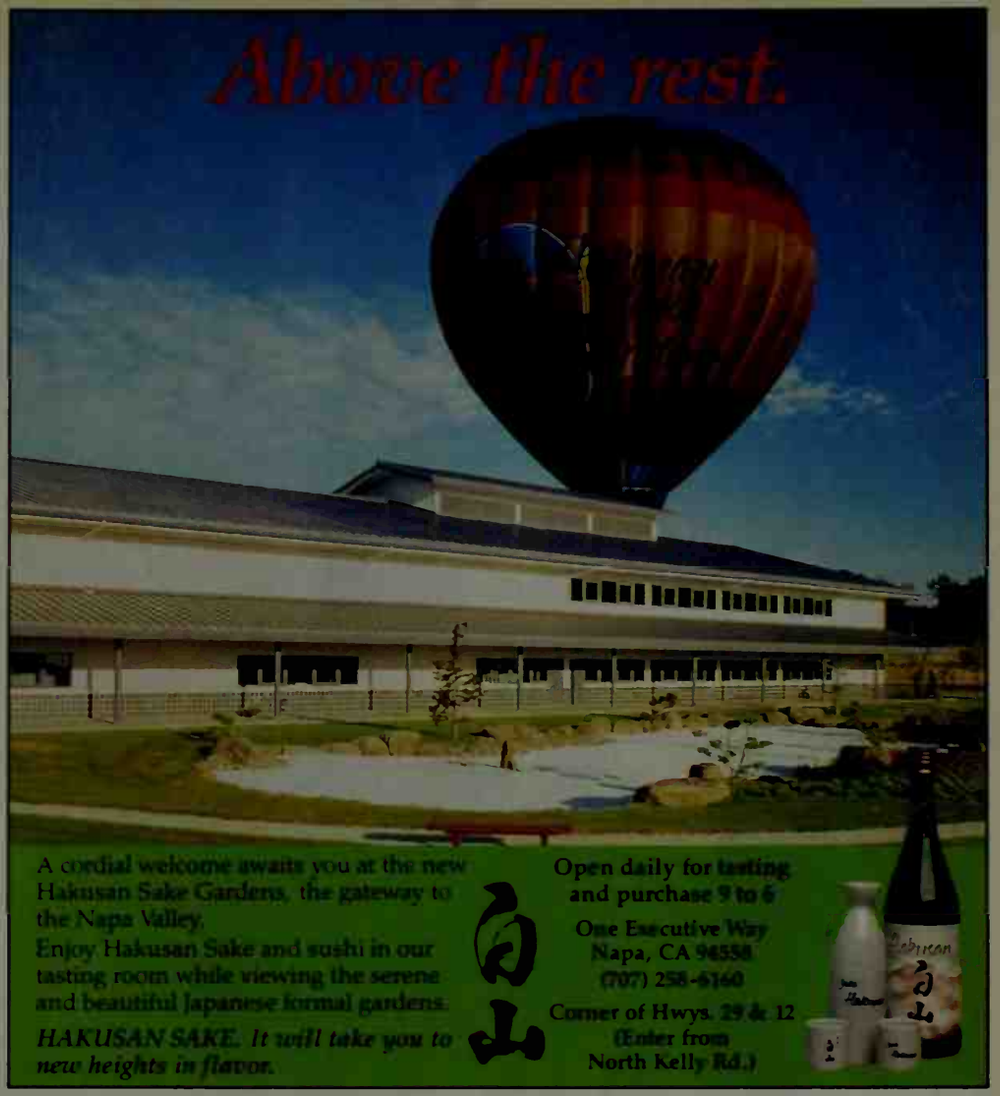
Late this fall, an educational center on the space shuttle is scheduled to open, with computer monitors showing a satellite program from the shuttle (when it is flying). Hot-air balloonists and pilots of radio-controlled planes will soon have displays here too.

At the restoration workshop, you might see volunteers dismantling engines or rebuilding wings; they're usually happy to chat.

The 1944 *Halcyon* flying boat flew reconnaissance missions in World War II and then provided luxury passenger service until the mid-50s. For an extra $3, you can tour the interior and see just where Harrison Ford sat while filming a scene from *Raiders of the Lost Ark.*

Hours are 10 to 4 weekends; admission is $3, $1 ages 6 through 17, $10 families. School groups can arrange special tours, and ages 6 through 17 can join a Young Astronaut program; call (510) 638-7100.

From I-880, exit west on Hegenberger Road, turn right on Earhart Road, and then right again on Cooke Street. The museum is at Cooke and Boeing streets (near the Alaska Airlines hangar). ■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Enjoy Hakusan Sake and sushi in our tasting room while viewing the serene and beautiful Japanese formal gardens.
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They're converging on Los Banos

Sandhill cranes, ducks, geese are stopping over. Here is where to view the spectacle

GARY ZAHM

SQUADRON OF GEESE *lifts off near Los Banos at sunset.*

AMERICAN AVOCET *is one of the shorebirds that use Central Valley wetlands.*

GUIDED TOUR *of Grassland Wetlands takes visitors onto private lands.*

RENEE LYNN

TO PEOPLE, THE Grassland Wetlands near Los Banos, in western Merced County about 60 miles southeast of San Jose, are hardly memorable. But to birds, these marshes and fields form a vast beak-watering buffet.

Starting this month, sandhill cranes—as many as 4,000—converge on the wetlands. Duck and goose populations begin rising toward counts that can reach 500,000 in December and January. The spectacle can be viewed at three wildlife refuges and on guided tours.

The concentrations of birds here testify to losses elsewhere. The Central Valley once possessed 4 million wetland acres. Today, that figure is 300,000, with 100,000—the largest contiguous portion—in Grassland Wetlands.

To protect this habitat, Kesterson, Merced, and San Luis national wildlife refuges and Los Banos State Wildlife Area were set aside. Additional protection comes from 160 private duck clubs.

But the wetlands' future is anything but secure. In 1983, scientists discovered that Kesterson waterfowl were dying as selenium leached in from surrounding agricultural areas. More recently, five years of drought have cut the amount of water the Grassland Water District supplies refuges and duck clubs to 25 percent of normal. Another threat comes from population growth. As Bay Area land prices rise, development shifts to Central Valley towns—many of them on or adjacent to wetlands.

Still, there is hope. Federal and state governments are buying 23,000 acres of wetlands to link existing refuges. And area conservationists hope to protect habitat from urbanization through greenbelts and buffer zones.

Each of the following refuges has an observation route. Best bird-viewing is around dawn or dusk. After October 26, refuges open to hunting Wednesdays and weekends, though birders and hunters are kept in separate areas.

Merced N.W.R. The sandhill crane population peaks this month and next, at 12,000 birds. From Los Banos, go east 7 miles on State 152. Go north 10 miles on Turner Island and Nickel roads, then east on Sandy Mush Road.

San Luis N.W.R. From Los Banos, drive north 8 miles on State 165, then east 2 miles on Wolfsen Road. A new tower for viewing tule elk should be completed soon.

Los Banos State Wildlife Area. From Los Banos, go north 3 miles on State 165, then east 1 mile on Henry Miller Avenue.

For maps and more detailed information, write to San Joaquin Valley N.W.R.s, Box 2176, Los Banos 93635, or call (209) 826-3508.

New tours. New this year are Grassland Water District's monthly tours of refuges and private lands. October 19, groups view tule elk and waterfowl at San Luis N.W.R.; call 826-5188. ■

AMERICA'S FAVORITE PLACES

SPONSORED BY

Jeep
Eagle

Explore our nation's breathtaking beauty with champions of the environment—John Denver, Olivia Newton-John, Cliff Blake and Louis Gossett, Jr.

1492 REDISCOVER AMERICA 1992

In a recent Chrysler poll, Americans said the environment is one of the most important topics of our time.

Jeep is a registered trademark of Chrysler Corporation.

Bryce Canyon National Park, Utah

MY FAVORITE PLACE

JOHN DENVER'S FAITH IN THE ENVIRONMENT

Dedicated to world peace and a better quality of life for all people, Denver's lyrics and songs show concern for the environment.

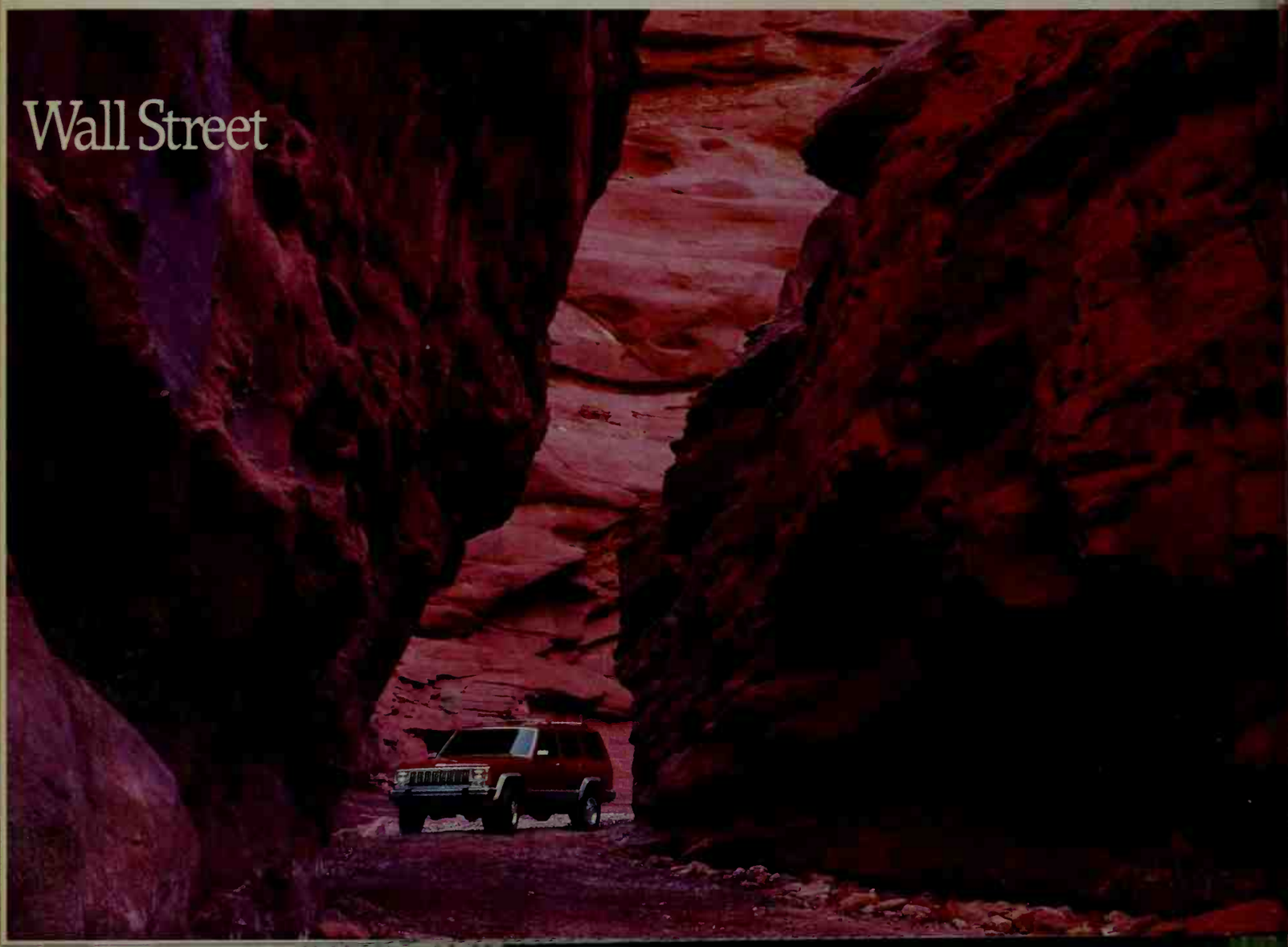
It is difficult for me to identify only one favorite place on Earth. There are so many places in the world that I truly enjoy. I'd like to share a few of them with you.

Any time I can spend in the desert, especially springtime, is a powerful teacher for me. I am reminded of nature's resilience and magic when I am in the desert. For most of the year, the land is dry and vegetation is sparse. But when I see how water works its magic in the desert landscape, I am filled with wonder.

Water is scarce and precious. Thankfully, sometimes there is enough rain in early spring to bring the desert floo to life with color. The parched lan changes and becomes blanketed wit life in subtle shades of green, purpl and blue. The stately saguaro cactus stands proudly, crowned in glistening white flowers. The prickly pear and cholla bloom in glorious yellows and vibrant pinks.

It is a flower of faith to me when I see a blossom in the desert. I pause and am enriched by its strength and vulnerability. At these times, nature reminds me what it means to be vital and alive.

I feel most at home in the mountains. There is a place in Colorado, in a seven-mile box canyon that, to this day, remains the most beautiful place I have ever hiked in the world. In this area, there is a small alpine lake I remember fondly. It is where I first began to write the song "Rocky Mountain High." It was on a magnificent night in August of



971, during a stunningly memorable rseid meteor shower.

All the seasons in the Colorado igh country inspire me. In summer, hen the columbine and ferns are nes- ed in moist earth at the feet of aspen rees, I feel renewed. After the first nowfall, it looks like there is powdered ugar on the mountaintops. The pris- ine white is so beautiful against utumn's deep blue skies, the golden spens and dark evergreens.

Winter's pure-white snowscape gainst the skies is breathtaking. My avorite color is that special blue of the winter sky that can only be seen at high ltitudes. The winter also brings us the vonder of rainbows when the rays of he rising sun dance on ice crystals.

As I think of these and so many ther special places, my heart turns to Alaska. It embodies everything that nature means to me. Alaska is the wildest place I know of on this Earth.

There is wisdom in nature's untamed power

I have clear images of the times I have spent in the land of the midnight sun. I can still see the rich colors of twilight and the lasting dawn light of the summer hours. My whole being remembers the golden intensity of a wolf's eyes. I find myself without adequate words for describing the vital, raw power of the massive polar bear and the grizzly. The grizzly is a master at fishing. In fact, the grizzly is a master at catching, which is more than I can say for myself, even though you can count on catching something, since nature provides in abundance.

In Alaska's wildness, there is a precious legacy — a vital key to continuing life on this planet.

Alaska epitomizes our environmental challenge: How do we find a balance between people and nature? In Alaska, we see the need to conserve and protect our greatest natural treasures — even to the extent that we may have to sacrifice some of the technology the human mind has given us. To completely control the untamed part of nature is to irreparably damage ourselves as humans.

While wild places are precious, there are other natural places that give us a special connection to the living world. Neighborhood parks, window boxes in cities and flowering backyards — any place that brings us in touch with nature is special and to be cherished.

Any place. ▶

MY FAVORITE PLACE

OLIVIA NEWTON-JOHN'S TRIP TO ALASKA

As Goodwill Ambassador for the United Nations Environment Program, singer Newton-John encourages people to save the environment.

I discovered Alaska when my husband, an avid outdoorsman, and I headed out with two close friends to this beautiful, pristine land.

My first impression of Alaska is still with me. I remember the incredible smell of pine; it was heady and overwhelming. We were so taken with this scent that we pressed fresh pine needles and cones into our luggage to take home to our children.

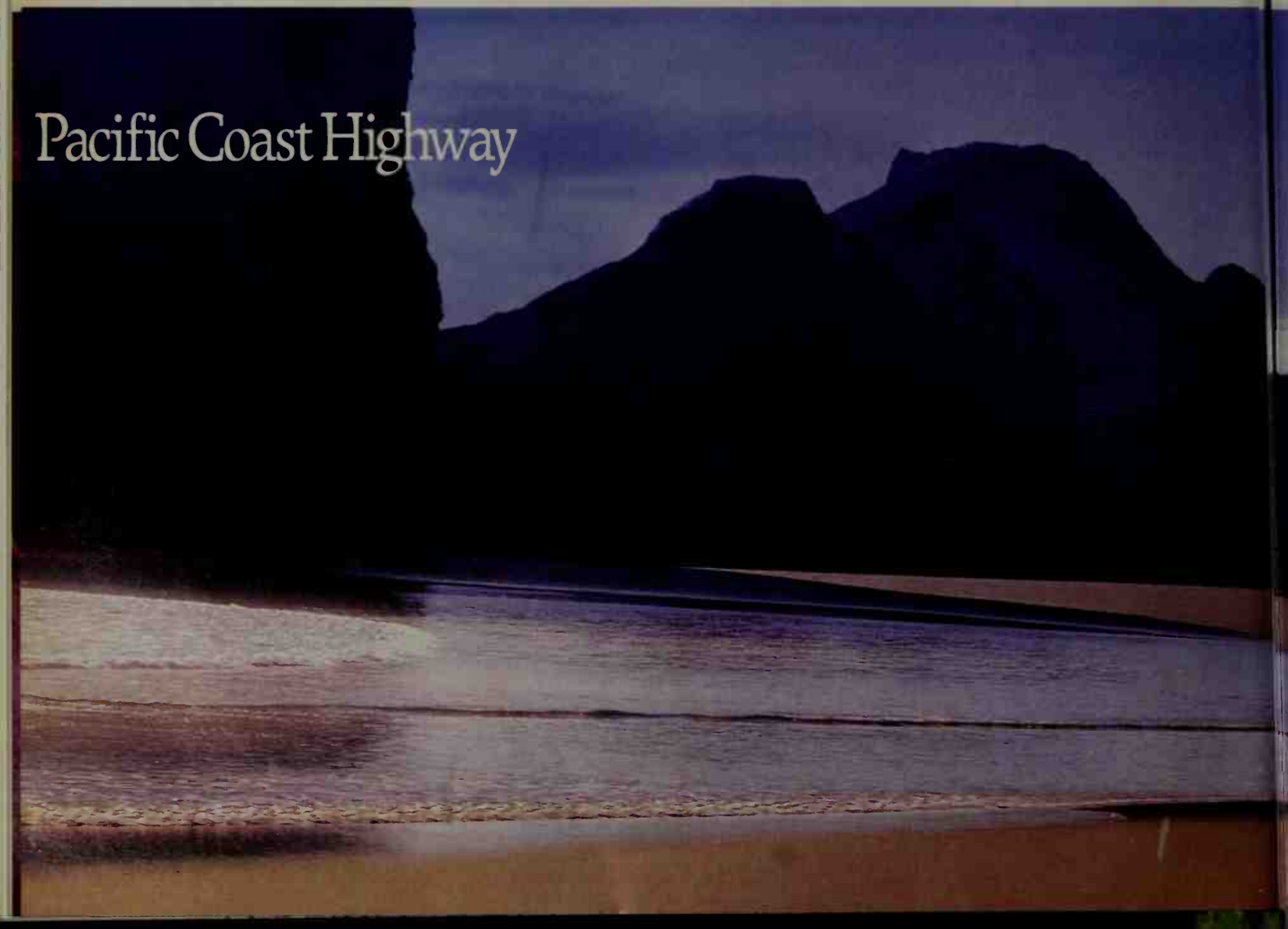
When we arrived near Ketchikan, which is considered a busy tourist area, we began to feel revived after our journey from the mainland. There were no real signs of people about, and as we gazed at the exquisite sunset that night the skies nurtured our citified souls.

In the morning, we hopped aboard a small seaplane and flew to Naha Bay. From above we saw lakes in the tops of the craters, and waterfalls and greenery like I had never seen! The sky was filled with seabirds, their cries so loud we could hardly hear ourselves speak. We landed on a shimmering, clear blue lake, and our pilot pointed us in the direction of the trail that would lead us to our destination.

The first signpost we came to had bear-claw marks on it. "There's a bear close, be careful," warned our guide, provoking a lot of nervous laughter.

Wildlife thrives in this fertile terrain

I remember everything so vividly; my senses were perfectly alert and attuned with nature. We walked down a very narrow and winding trail that took



us near a waterfall where three black bears were catching spawning salmon with their paws and mouths. We watched them lumber back to their caves, returning again and again to the water to find food. They noticed us watching them as they fattened up for the winter but seemed unperturbed by our presence.

We watched the salmon swim upstream. The sight was primitive and beautiful, yet sad because many couldn't make it to the top of the stream. There, the salmon lay in pairs in ponds where they laid their eggs, thousands of them in perfect symmetry. As we headed back to the plane, a porcupine shuffled across our path.

That night we sat around a campfire on an isolated, sandy white beach and beheld one of the most incredible phenomena in the world. As we sat singing songs in the crisp, star-filled night, the northern lights danced across the sky. I was once again reminded of nature's power and beauty. I knew tomorrow would be another glorious day.

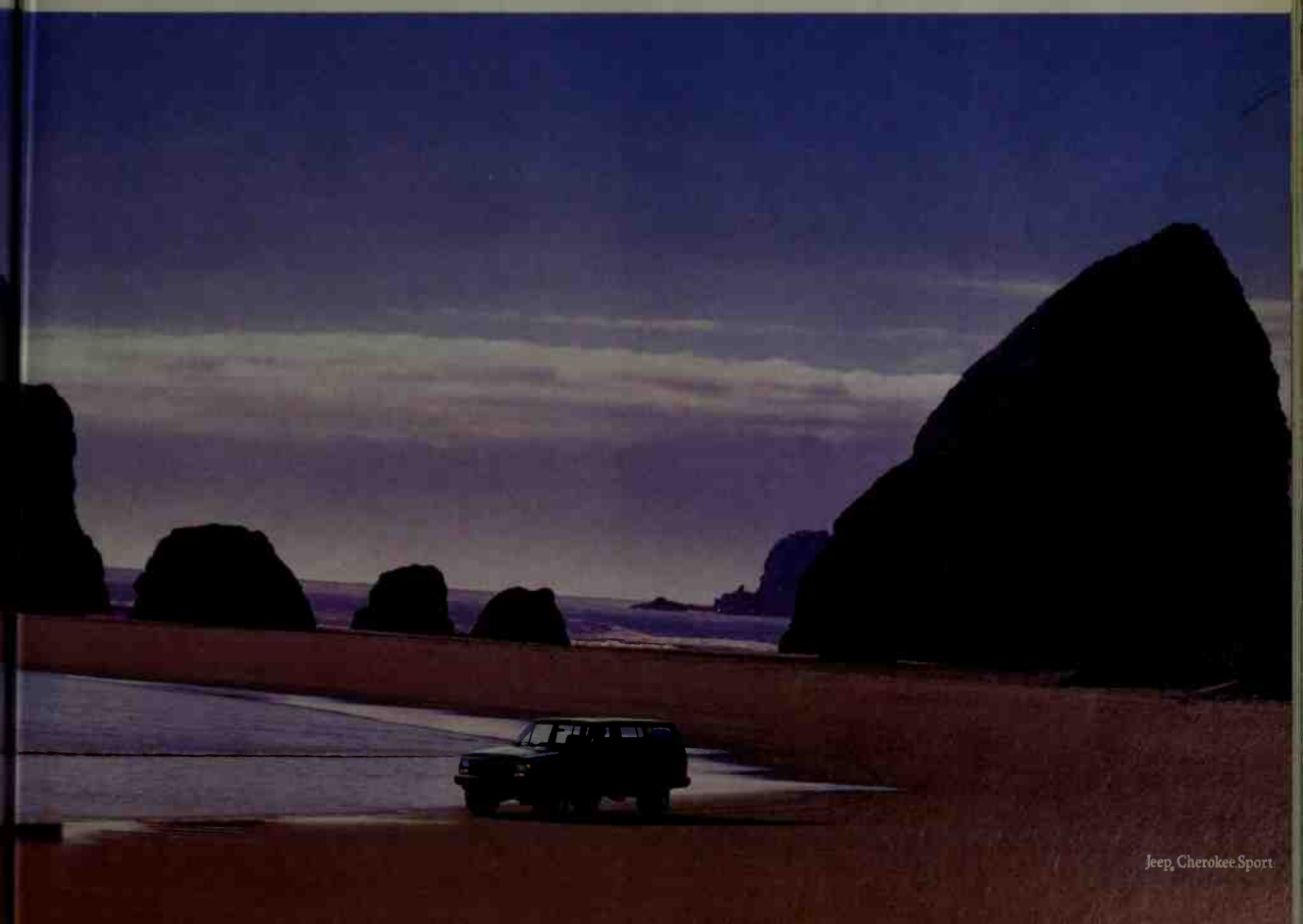
We spent several more days in Alaska at a remote fishing retreat, where we bathed in natural sulfur springs. Young dall porpoises, with their faces in a permanent smile, raced to play with us in the wake of our fishing boat. We saw schools of killer whales, and on the shores of the bay stood timber wolves.

Looking back, I'll never forget seeing a bald eagle for the first time. We took photos of this magnificent specimen. He swept across the ravine, his call cutting to my very core. How unfortunate that these birds have been driven, poached and hunted almost to extinction in most of the United States. What a blessing it is that they are protected and thriving in Alaska.

During my time in Alaska, many people approached me with their environmental concerns. Alaskans are fiercely proud of their home but are losing the battle against the consequences of mining and deforestation. When the trees are cut down, the natural shade that protects the spawning grounds of the salmon is lost, and their eggs are killed by the heat, threatening the balance of nature as well as the vital fishing industry.

Seeing Alaska's plight only reinforced my desire to help save the pristine areas of the world, which are becoming so few and far between.

My way of doing this is to encourage everyone to encounter and embrace Mother Earth. For once you do, you will feel, as her children, the desire to protect her. ▶



MY FAVORITE PLACE

CLIFF BLAKE'S FRONTIER EXPERIENCE

A wilderness ranger for 33 years, Blake founded Tread Lightly, an education program that teaches us responsible use of America's wild lands.

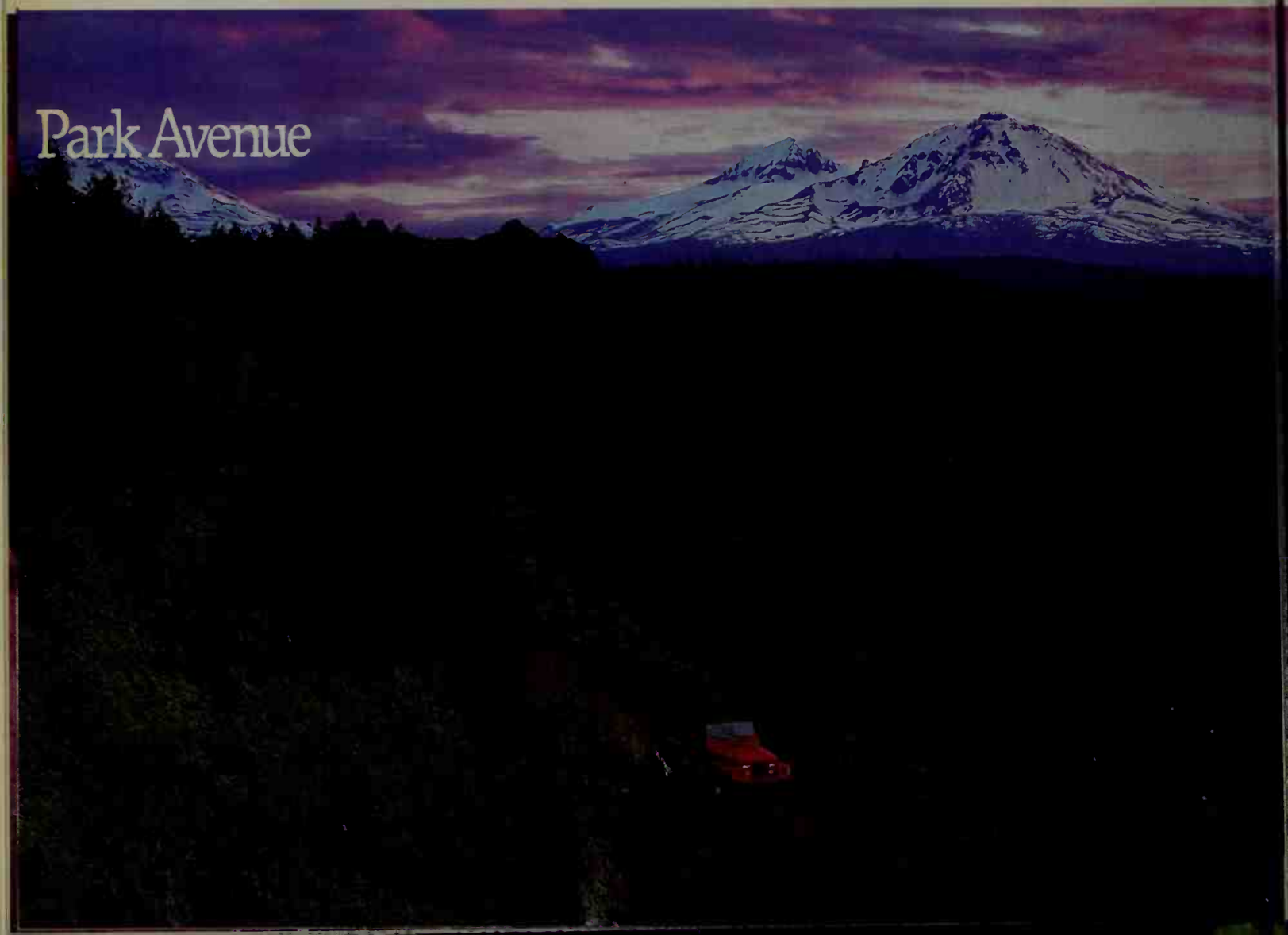
I have spent many mornings high atop the mountains of Wyoming's Bridger-Teton National Forest along the Continental Divide. At daybreak, I have stood in awe watching the sun come up over the horizon — lighting up the world and welcoming the day. Mornings in the wilderness are always beautiful.

Deep within the Bridger wilderness, there are about 500 miles of hiking trails for those who want to backpack on foot or go on horseback into some of America's most spectacular mountain settings. More than 1,300 lakes stand out as sparkling jewels within the alpine landscape. I have seen most of them, but I do have my favorites.

There are two emerald lakes, the Green River lakes, that lie at the northernmost entry point to the Bridger wilderness lands. Behind them you can't miss Squaretop Mountain, rising nearly 12,000 feet high, reaching up to the sky to form an unforgettable majestic profile.

Life's different in the backcountry

Early one morning, while camping in the wilderness, I woke up to the jingle of the bells around our horses' necks. Suddenly, I realized the sound of the bells was fading into the distance. That meant only one thing—our horses were leaving camp and heading back home to Willow Creek Guard Station. They were either in search of more food or looking



o get out of a day's work.

Without a moment's hesitation, I umped out of my sleeping bag, dashed ut of the tent in my shorts, threw on my owboy hat, pulled on my boots and tore ff down the hillside.

You see, if the horses don't get nough feed at night, they head out just before dawn. I had to get them back to our campsite, or we'd be stranded. Thirty miles on foot was not part of our schedule for the week. You can't exactly help visitors, maintain trails and campsites, or patrol for fires, if your horses have escaped.

I ran through the woods, jumped over logs and raced through the underbrush. There was a chance I could catch them, since I knew we had hobbled them at night with a leather strap around their front feet. This slows them down in case they try to run away.

After about 20 minutes, I caught the bell mare — the leader of the pack. When I stopped her and her entourage, she gave me that knowing look. Flaring her nostrils, she snorted; she knew her plan to escape had come to an end. Horses have personalities, you know.

The guys back at the camp had a good laugh when I returned. I looked pretty bedraggled. We gave the horses some oats, saddled them up, packed, and two hours later we were out on the trail.

Learn how to take care of the Earth

When traveling in designated wilderness, you may be 30 miles or more into the backcountry without any means of communication. Forest rangers are there to inform you about ways to make your trip safer and more enjoyable. We give advice on many things, such as how to store food so the bears won't be attracted to your campsite. We give you ideas on how to care for the land so you'll leave no trace of your visit. And in a friendly way, we explain how people can help protect our precious heritage — the wilderness.

At night, when I'm in the backcountry, I often look up and say to myself, "That's my church out there." In these moments, under the clear, inkblack sky, we have a chance to think about the beauty we have in this world and what we can do to preserve it for our children. ▶

Jeep, Wrangler Renegade

MY FAVORITE PLACE

LOUIS GOSSETT, JR.'S TALES OF NATURE

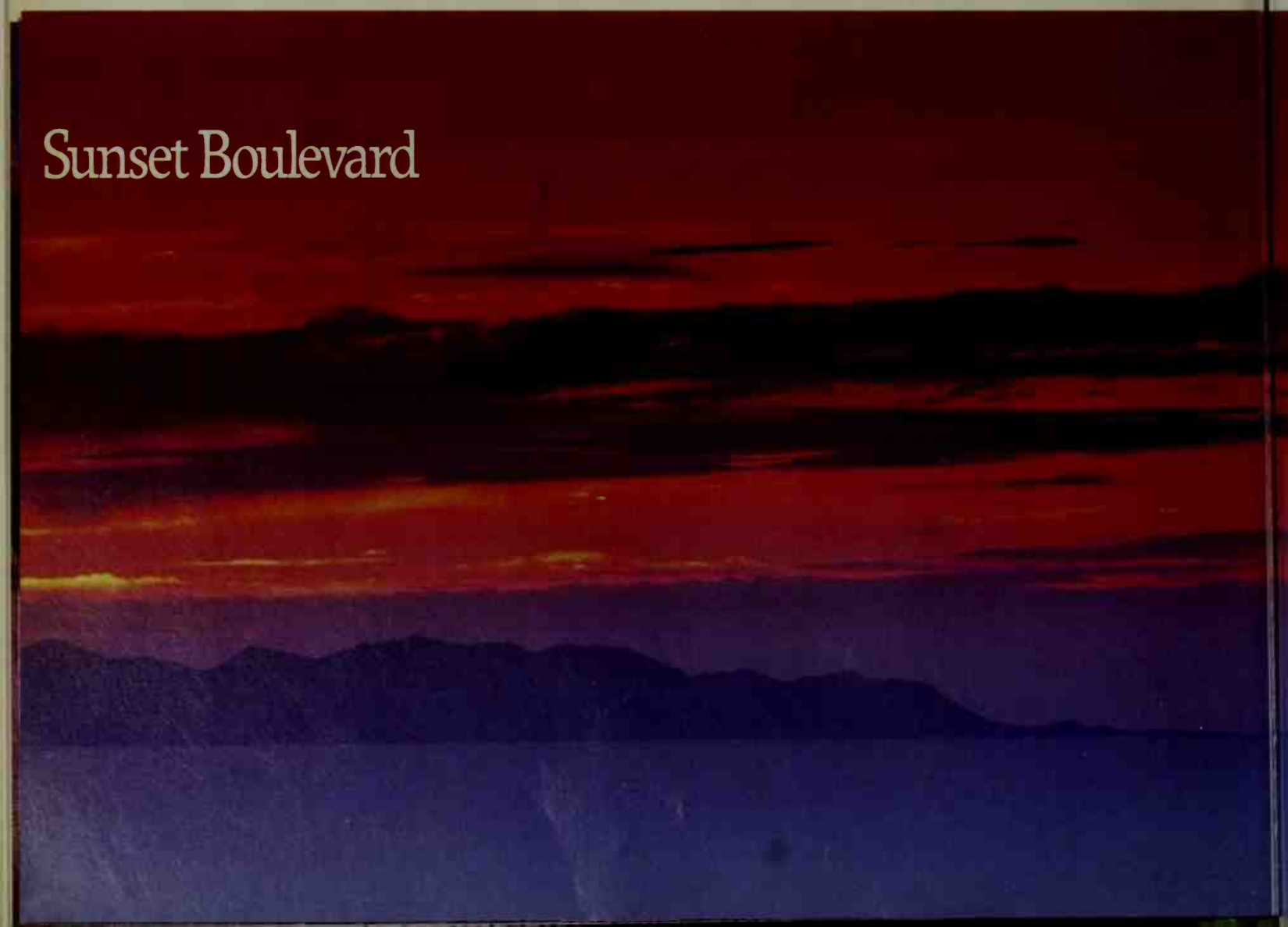
Born by the sea, award-winning actor Gossett advocates wildlife preservation and participates in national conservation efforts.

When I was a kid growing up in Brooklyn, one of the things I liked to do most was go crabbing. I'll never forget it.

It was reassuring to have the Atlantic Ocean nearby as a reliable source of food for the family when times got tough. But it was the peacefulness of the sea that was magic to a boy from Coney Island.

I remember running to the docks with my crab cage under my arm in the late afternoon so I could meet the fishing boats as they came in from Sheepshead Bay. At day's end I watched the fishermen clean their fish for market and toss the remains overboard. As I stood on the dock, I could see the crabs scrambling for their dinner in the crystal-clear water below. The irony was that the crabs had come here for dinner and so had I.

I baited my metal-mesh crab cage with bread, cheese or some fish and threw it into the water. When the cage hit bottom, all four sides opened up. From then on, all I had to do was take it easy and kick back while the obliging crabs climbed inside. I pulled up an easy half-dozen crabs every time. After a few enjoyable hours of sitting there in the sun, watching the waves break on the shore, I had enough crabs to feed my entire block. The neighbors were very appreciative. Back then, the bountiful water sustained us.



When I look back on all this, the thing that amazes me the most is the place where I was able to embrace nature. While I may have been acting out my version of Huckleberry Finn, this was not Hannibal, Missouri, but Brooklyn, New York — the fourth largest "city" in the United States and home of the Brooklyn Dodgers.

Nature is omnipresent; this I learned early in life. Even in the big cities, families can stay in touch with nature. A visit to a nearby park, botanical garden, aquarium or zoo can soothe the soul. A walk around the neighborhood to watch the budding flowers of spring invigorates the spirit and reminds us of nature's continual process of renewal.

When you think about where you grew up, I am sure you can remember something beautiful about your neighborhood that holds a special place in your heart.

Observe the magical tapestry of the changing leaves

In contrast to the very urban setting of my childhood experiences in Brooklyn, I was fortunate enough to have spent part of last fall in one of the most beautiful regions I have ever seen — the Blue Ridge Mountains of Virginia.

As I drove through the mountains, the forest enveloped the road and the cool mountain air was as sweet as the water was clear in the Atlantic Ocean...so many years ago. Those who live in these mountains are wealthy in ways the rest of us can only imagine.

The timeless beauty of our great country can be seen in every leaf — gold, red, orange and brown. When I see this tapestry, I appreciate all the seasons of life and the changes each brings. I only hope we can change the way we treat our environment so that nature can, in turn, continue to nurture us.

As you may have guessed, I enjoy getting back in touch with nature every chance I get. When I spend time at the sea or in the mountains, I am reminded that nature is truly powerful and beautiful, and this has kept me quite humble.

The majestic qualities of nature dwarf our sometimes misguided efforts to develop the Earth, exploit its resources and tame its creatures, all in the name of progress.

God has created a truly wonderful planet. It is up to us to respect it as we go through our daily activities, so that we can inhabit this great land for centuries to come.

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What about the new cross bikes?

They combine features of mountain and touring bikes

MARRY A MOUNTAIN bike to a touring bike and the offspring looks like a hybrid "cross" bike like the one shown below. It's the newest segment of the cycling market—some estimate up to 10 percent of national sales.

This type of bike is becoming popular because it's designed for the way the majority of riders actually use their mountain bikes—most often on paved roads with occasional off-road use. (Even mountain bike manufacturers say that 80 percent of all mountain bikes are never ridden off-road.) It offers much of the light weight and lack of rolling resistance you get with a touring bike, combined with the durability, comfort, and maneuverability of a mountain bike.

FROM PAVED PATH *to dirt road, cross bikes make the switch. Low gearing lets you tackle fairly steep slopes.*

RENEE LYNN

WHAT MAKES A HYBRID AND WHAT MAKES IT GOOD

Accompanying the photograph below are point by point differences between the cross bike and a typical mountain bike and touring or road bike.

New riders who are still uncertain about the type of riding they'll do most and who want to do a bit of both are well suited to the cross bike, as are city cyclists who want a bike tough enough for potholes but one that doesn't weigh a lot.

Most hybrids we tried handled sharp uphill pitches well, but on steep, loose-soiled downhill runs, they lacked the trail-holding abilities of the heavier mountain bikes, which have knobby, wide, gripping tires and a lower center of gravity. We found the cross bikes generally didn't do as well on narrow, deeply rutted trails.

The advantages of the cross bike's lighter, smoother tires really show up on pavement, where the bike corners and accelerates far better than a mountain bike. Still, the tires resist cuts and punctures better than most thin, narrow, smooth-tread touring bike tires.

To come up with a general opinion about cross bikes, we sought the views of dozens of cyclists, manufacturers, and industry insiders. Matt Folsom, general manager of Palo Alto Bicycles, in Palo Alto, California, best summed up what we found:

"It's the hottest product we sell and the best blend of features for most riders. But like any compromise, it doesn't perform at either end of its spectrum as well as the best of its parent bikes—not as rugged as the top mountain bikes or as speedy as the better road bikes."

TAKE A TEST DRIVE. IF THE CROSS FITS, BUY IT

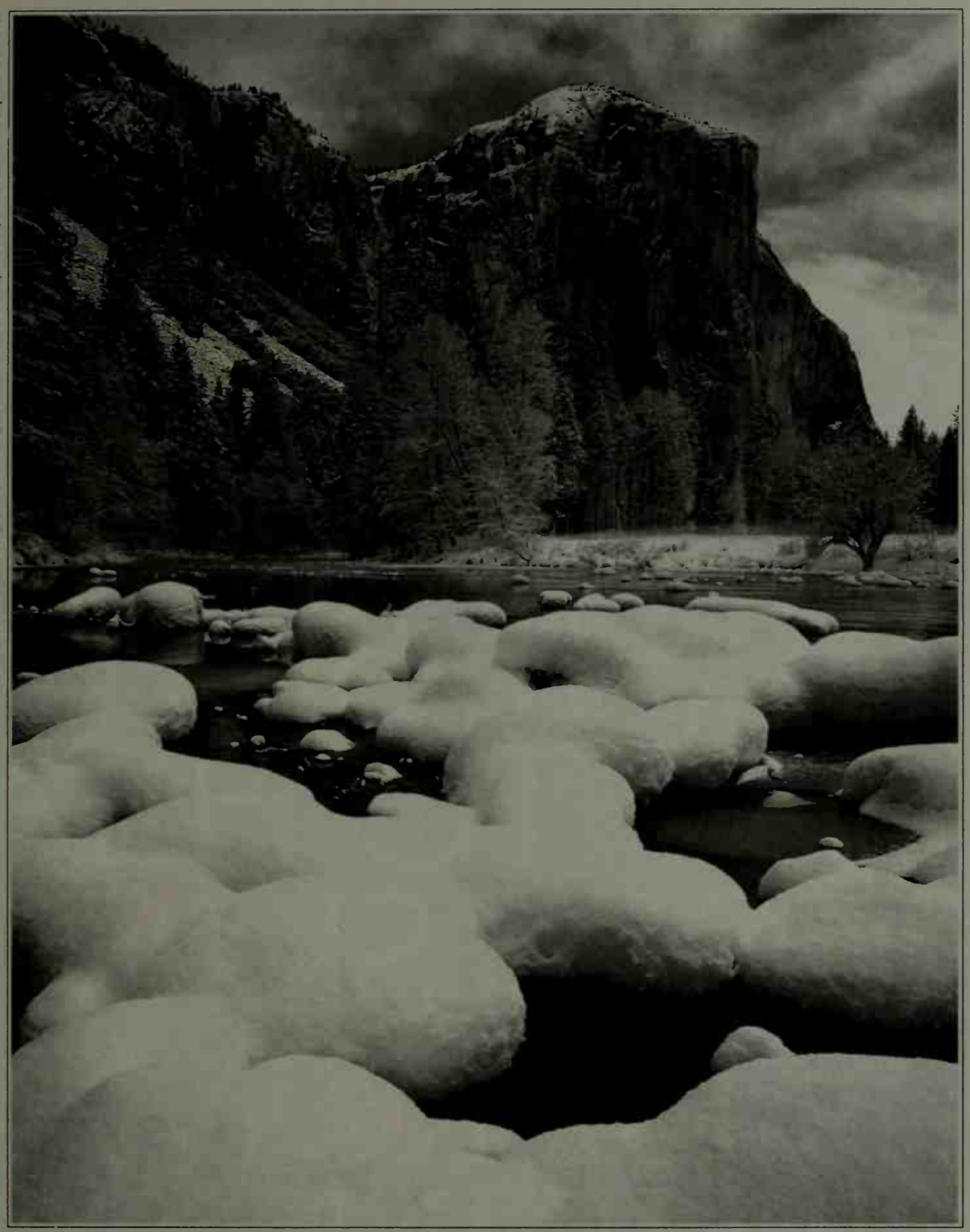
It pays to comparison shop. Several bike specialty magazines do annual product ratings and now evaluate cross bikes under their own category. It's worth a trip to the newsstand to review these ratings. Many bike shops will let you take a bike for a test ride (you leave your driver's license as security)—a valuable way to get a feel for the bike and its components.

To make sure you buy a cross bike with the right size frame for you, you can conduct a simple test (different from the one you perform for mountain or road bikes). Straddle the bike's top tube, holding your feet fairly close together near the front wheel; lift up the bike so the top tube nearly touches your crotch. The front tire should clear the floor by about 1½ inches.

A good source of information on clubs, products, and bike repairs is the League of American Wheelmen, 190 W. Ostend St., Suite 120, Baltimore, Md. 21230. ■

NORMAN A. PLATE

The cross bike and how it stacks up



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It heals from the inside out. New Jergens penetrates to where dryness really begins (see Figure 1), attracting your body's own inner moisture to heal your skin from the inside, so it stays healthier looking outside (see Figure 2).

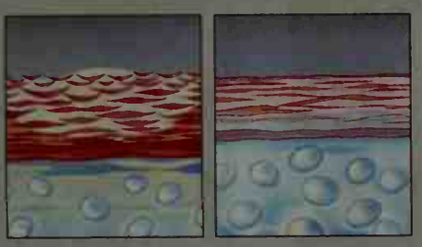

Figure 1 Figure 2

It helps prevent the return of dry skin. Use it every day and you'll see new Jergens can keep your skin healed and comfortably smooth. That's because new Jergens heals from the inside out—it's Advanced Therapy for dry skin.

perhaps to sun drenched beaches on a faraway shore,

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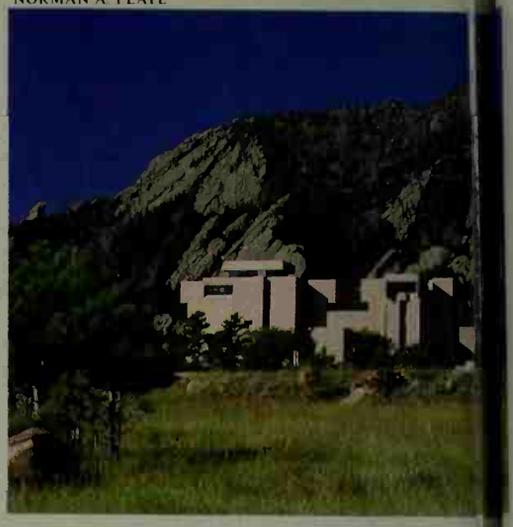
NORMAN A. PLATE



Studying sea to sun in Boulder

"WE STUDY EVERYTHING FROM the core of the sun to the bottom of the sea," the guide at the National Center for Atmospheric Research announces. The statement sounds like an example of scientific hubris. In fact, it's the simple truth. High in the Rocky Mountain foothills, NCAR pursues the work that makes it one of the world's preeminent institutions for the study of Earth's atmosphere and the multitudinous forces that influence it—from solar magnetic storms to ocean currents to Kuwaiti oil field fires.

On page 124, we explain what centers like NCAR are learning about weather and climate. If your travels take you to Colorado, a visit here will teach you more.

A PEI PUEBLO ON TABLE MESA

NCAR's setting testifies to the power of nature: the center sits on Table Mesa above Boulder, with the Flatirons rising to the west and the Great Plains spreading east beneath a broad Colorado sky. The I.M. Pei–designed buildings live up to the site's drama, with geometrical forms that derive from the mountains and Pueblo Indian dwellings of Mesa Verde.

NCAR was founded in 1960. Its

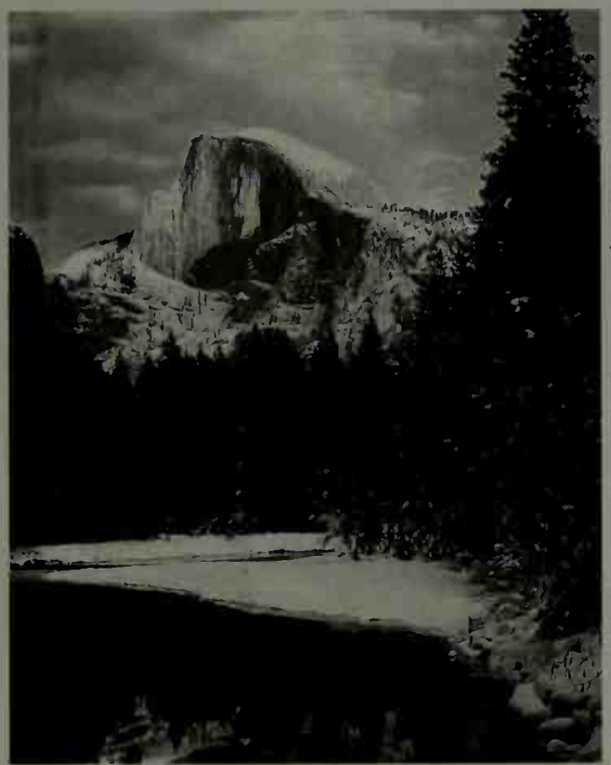
NCAR CENTER *rises before Flatirons. Supercomputer can be seen on guided and self-guided tours.*

goal is to unite previously separate scientific disciplines in study of the Earth's atmosphere. Some hundred physicists, chemists, climatologists, and other scientists do research here. Their four main areas of study are climate, atmospheric chemistry (including ozone depletion and global warming), mesoscale meteorology (storms), and solar physics.

You can view the center on self-guided tours (pick up a free pamphlet in the lobby) or guided ones. We recommend the latter; they're unusually informative. On our visit, we learned about research on thunderstorms, solar eclipses, and termites—yes, termites, which are believed to contribute 15 percent of the atmosphere's methane (methane is strongly linked to global warming). The tours wind up in the computer room, where you see the climate-modeling CRAY supercomputer, kept at a constant 68° and 40 percent humidity.

NCAR is open to visitors 8 to 5 weekdays, 9 to 3 weekends; guided tours run at noon Wednesdays (June through August, guided tours run Mondays through Saturdays). From U.S. 36 in Boulder, take the Table Mesa exit west; continue 4 miles up the mesa to the center. For tour and other information, call (303) 497-1174 or 497-1173. ■

Gourmets will show you their art, and nature will show you hers.



Winter brings more than serenity to Yosemite. Especially in January. That's when dozens of chefs demonstrate the culinary techniques that made them famous: Caprial Pence, Anne and David Gingrass and Martin Yan to name a few. Each session—eight in all—features four chefs, ending with a banquet prepared by the creators themselves. If you're wondering about cost, don't. Winter brings off-season lodging prices too. To make your reservation, call (209) 454-2020.

YOSEMITE CHEFS' HOLIDAYS

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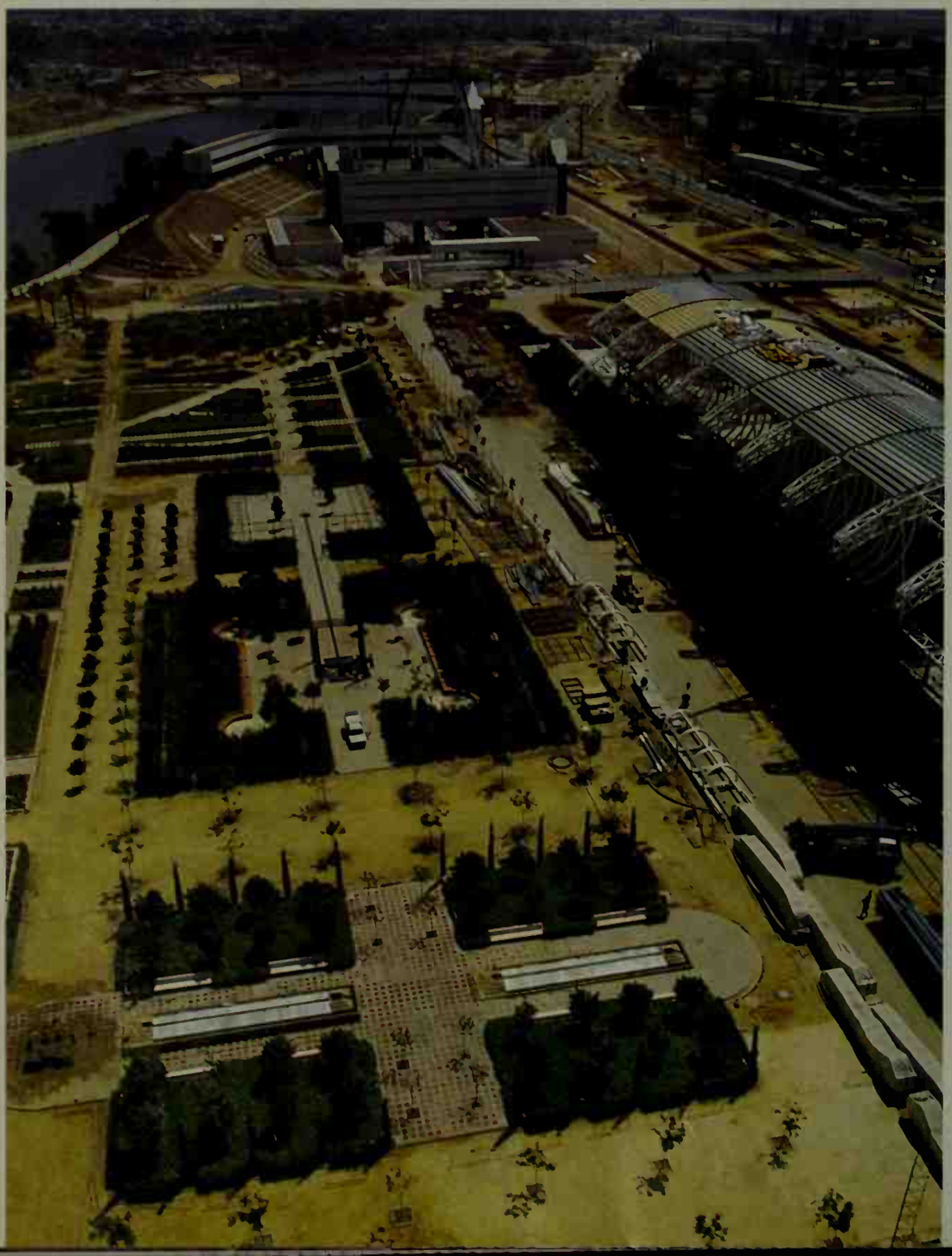
icaining just to get you home in time for dinner?

Past and future will meet in Seville

Spain's big world's fair opens next April. Now's time to start making plans

PEALS AND PEELS—*from Spanish-Moorish bell tower to marmalade-bound orange crop—have always attracted Westerners to Seville.*

BIRD'S-EYE VIEW OF SEVILLE EXPO *site shows garden geometry already in place and the arching steel trusses of the Pavilion of the Future rising alongside.*



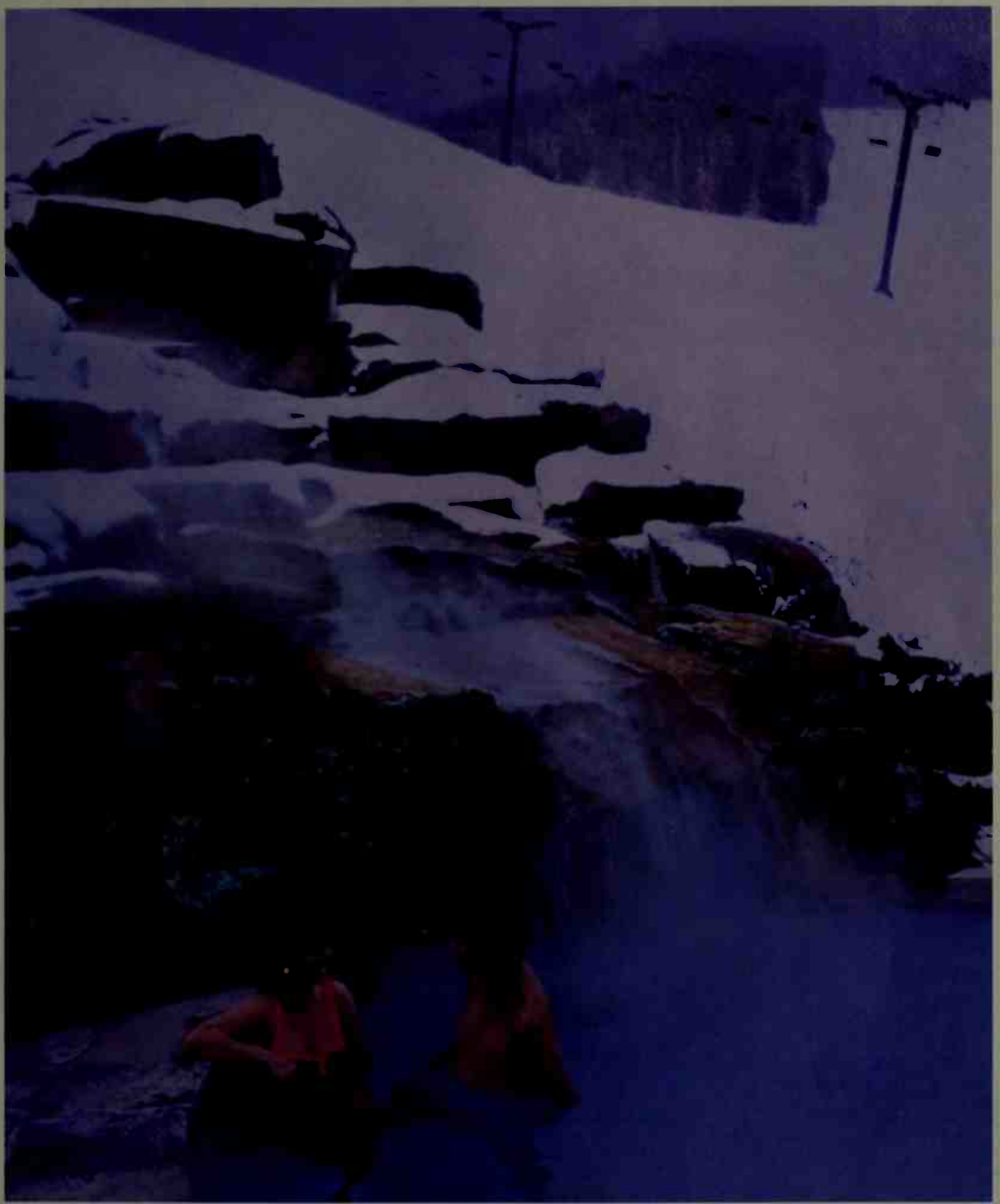
ON A POSTCARD FROM Seville, Spain, dated 1903, Phoebe Hearst, mother of publishing magnate William Randolph Hearst, likened the region to California. She was referring to the Andalusian orange harvest, but her comparison could also be applied to the arid climate and the tradition of outdoor living around patios and courtyards.

Andalusian architecture and gardens, especially, have always fascinated Westerners. During the 1920s, for example, Spanish-Moorish palaces like Seville's Alcázar and Granada's Alhambra inspired a Hollywood craze for courtyard or "garden apartments."

Now the region has a new architectural lure: Seville Expo '92, a world's fair running April 20 through October 12 to commemorate the 500th anniversary of Christopher Columbus's original voyage to the New World.

The Expo is a massive, $1.8-billion construction project on a 538-acre site on La Cartuja island in the Guadalquivir River. Seven new bridges link it to Seville's historic center.

Like the expos at Montreal in 1967 and Osaka in 1970, Seville's is a universal exposition—the last this century—which means that it covers all aspects of human endeavor



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Pierre Auguste Renoir, Le Moulin de la Galette (Detail)

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related to a chosen theme.

Seville's theme is "The Age of Discoveries," a celebration of the ingenuity and imagination that have shaped the cultures and nations of the world since 1492. The site reinforces the theme: Spain's most famous explorers, including Columbus, Hernando Cortés, and Vasco Núñez de Balboa, sailed down the Guadalquivir on their way to the New World.

A universal exposition can be more of an international museum of architecture than more specialized expos because each participating country and corporation is responsible for the design and construction of its own pavilion. More than a hundred countries will be represented at Seville, so you'll see structures by a pantheon of leading architects, from Italy's Gae Aulenti to Japan's Tadao Ando and Spain's Javier Feduchi.

MONASTERY *model (note kiln chimneys) guides restoration.*

PATIO OF THE CASA DE PILATO, *a Renaissance palace built in Seville in 1480, has inspired architects for centuries.*

RITA HAYWORTH *honeymooned at the arcaded Hotel Alfonso XIII, built for an expo in 1929.*

At the heart of the Expo are four major pavilions—still under construction when we visited this past summer—dedicated to the following subjects: the 15th century as an age of cultural collision, scientific discoveries from the 15th century to the present, 500 years of navigation, and telecommunications and energy use in the future. The site becomes an industrial research park in 1993.

If there is a signature structure, it is the 15th-century Carthusian monastery occupying the southern quadrant of the site and now undergoing meticulous restoration. Its complex architectural history encompasses the entire five centuries celebrated by the exposition. It once held Columbus's remains, and from 1838 until 1982 it functioned as a ceramics factory, with a row of striking cone-shaped kilns turning out some of Seville's most famous ornamental tilework.

According to Vicente Lleó Cañal, professor of architectural history at the University of Seville and director of the restoration, this area will be a more contemplative part of the exposition, devoted to exhibitions on the world as it was in 1492, the Mediterranean landscape, and the restoration process.

TEMPERING A HOT, DRY CLIMATE

Because summer temperatures routinely soar above 100°, designers have adapted ideas from Seville's long tradition of Spanish-Moorish garden planning for cooling solutions.

The sounds and sights of gushing, spraying, and falling water are always present. Trellises made from plants, structural steel, and stretched fabric shade most walkways and plazas.

Among the most dramatic shade structures are the 12 gigantic, 59-foot-tall cones—shaped like the monastery's kilns—along the Avenue of Europe, representing the 12 members of the European Economic Community. Nearby is the Palenque, a vast open-air plaza under a turreted high-tech tent.

Expo hours are 9 A.M. to 4 A.M. Daily admission is about $40 U.S. for adults, $15 for seniors and ages 5 through 14. A three-day adult pass costs $100. A special nighttime price of $10 allows admission from 8 P.M. to 4 A.M. Call (011-34-5) 446-1992 or write to Expo '92, Expotourist Service, Isla de la Cartuja, 41010 Seville, Spain. ■

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India
GAME PARKS, TAJ MAHAL

December 19 and January 23, 17-day trips from Delhi visit parks to view rhinoceros, buffalo, and tigers. Also see palaces in Jaipur, water birds in Keoladeo Ghana Sanctuary, Agra, and the Taj Mahal. The $2,490 cost does not include air fare from the U.S. Geo Expeditions, Box 3656, Sonora, Calif. 95370; (800) 351-5041.

Scandinavia
WINTER RATES

Midmonth through March, tours from the West Coast take advantage of off-season rates. Spend a week in Copenhagen, Oslo, or Stockholm, or visit all three in eight days: tour Copenhagen, cruise to Oslo, then travel by train to Stockholm. Cost of $1,450 includes air fare, tour, hotels. SAS Viking Vacations, 270 Madison Ave., New York 10016; (800) 221-2350.

Lesser Antilles
SAIL A SQUARE-RIGGER

January 14, the four-masted *Sea Cloud* leaves Antigua on a 10-day cruise. Visit St. Lucia, Grenada, the Grenadines, Dominica, and St. Kitts. See ruined forts, enjoy water activities, spot dolphins and parrots. A naturalist and anthropologist offer lectures and commentary. Cost is from $5,590. American Museum of Natural History/Discovery Cruises, Central Park W. at 79th St., New York 10024; (800) 462-8687.

Mexico and Yucatán
ANCIENT RUINS, CULTURES

A 16-day tour from Mexico City on December 21, January 11, or March 7 highlights Mexico's pre-Columbian cultures. Visit Mexico City's Museum of Anthropology and nearby pyramids; Oaxaca's markets; San Cristóbal de las Casas and its Indian market; the ruins of Mitla, Monte Albán, Palenque, Uxmal, Chichén Itzá, and Tulum. Cost of $1,990 includes guide, hotels, meals. Nature Expeditions International, Box 11496, Eugene, Ore. 97440; (503) 484-6529.

What a travel agent can do for you: *provide information on destinations and tours; help you plan a trip; reserve space on air, rail, and cruise lines; make hotel and resort reservations. Travel agents usually do all this without charge, but they do charge for "custom" tour service.*

Dear Sunset Reader!

We're continuing to compile our idea bank, *Best of the West.* This month, we have some specific travel-related questions. In coming months, we'll be asking you about garden, building, and food topics.

Would you answer any or all of the following questions for us? Just name your favorites in the West, using this form or a separate sheet of paper.

Travel

What do you think is the West's most magnificent natural attraction? _____

What's your favorite beach? What do you do there? _____

What's the most exciting river run? _____

How about a favorite cross-country ski trail or downhill run? _____

What day-hike do you like the most? _____

Where do you go on your favorite back-road driving trip? _____

Do you have a favorite Western train trip? _____

What bed-and-breakfast inn tops your list? _____

What's your favorite building that's open to the public? _____

What's your top winery for touring? _____

What's your favorite historical spot—such as a stage stop or mission—where the past comes alive? _____

What's a reliably great fair, festival, or other annual event? _____

What's the most picturesque small town? _____

Do you have a favorite family vacation spot? _____

What was your most memorable Western trip when you were a child? _____

What's the best restaurant with a view? _____

What's the scariest roller coaster? _____

Where do you buy the best hamburger? _____

Send your responses to Best of the West, *Sunset Magazine,* 80 Willow Rd., Menlo Park, Calif. 94025. Please include your name and address (and phone number, if you don't mind). For your help, we'll send you a 24-page recipe booklet, a $1.50 value.

NORMAN A. PLATE

HIKERS PAUSE *on a walk through addition to Kilauea Point National Wildlife Refuge, while guide discusses the evils—and planned eradication—of invasive orange-flowered lantana.*

Nature watching on Kauai

In newly expanded Kilauea refuge, you can explore Hawaii's largest seabird colony

WATCHING BOOBIES and frigatebirds whirl overhead and spying dolphins and humpback whales slicing through the waves have long been attractions at Kilauea Point National Wildlife Refuge, on Kauai's northern tip.

Now, visitors will discover a newly expanded refuge—more than three times the size of the original 32-acre preserve—and hiking programs that allow you to explore a part of Hawaii's largest seabird colony.

Efforts are under way to further protect this wildlife-rich region: a proposal to establish the waters along 3 miles of ocean shoreline as a state marine life conservation area could be approved this year. If passed, the zone would provide additional protection for the humpback whale, monk seal, spinner dolphin, green sea turtle, and more than 60 species of fish in these waters.

CLIMB TO THE TOP OF AN ANCIENT CRATER'S RIM

Guided hikes lead you through the refuge's new section, which stretches east a little over a mile from the landmark 52-foot-high lighthouse. Docents take you beneath drooping ironwood trees (they were introduced to the islands as windbreaks) and across a grassy knoll that eventually climbs to the top of 568-foot Crater Hill, the highest tip of the now-collapsed crater that forms these seaside cliffs.

Along the way, you'll learn about the red-footed booby colony that nests on Crater Hill—the largest bird colony in Hawaii that's easily accessible. About 2,000 of these mostly white birds live here, and in the spring they build their nests in trees or shrubs. Although boobies are hefty and typically have a 5-foot wingspan, they're surprisingly graceful fliers.

Other birds that nest or roost in the refuge include the enormous Laysan albatross, which has a 6½-foot wingspan; the great frigatebird (males have inflatable red pouches beneath their long beaks); long-tailed tropic birds; and the wedge-tailed shearwater, which skims the waves in search of small fish and squid.

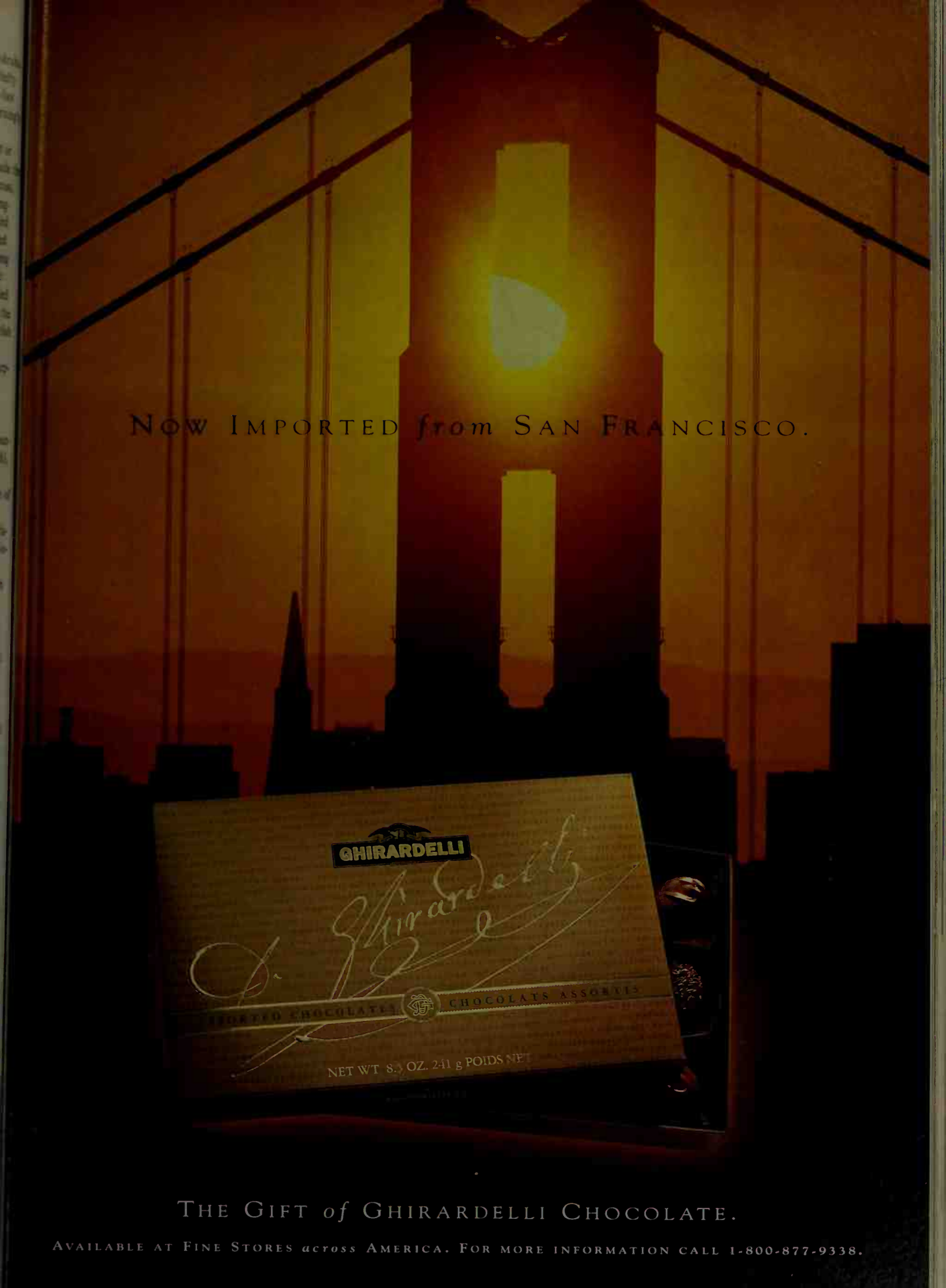
The summit offers sweeping views of the Pacific, where you can search the whitecaps for spinner dolphins (groups of up to a hundred are commonly sighted), Pacific green sea turtles (check the cove at the base of Crater Hill), and endangered—and rarely seen—Hawaiian monk seals. From November through May, look for humpback whales, which mate and give birth in the warm offshore waters.

The 2-hour hikes (free; limited to 15 people) start at the lighthouse at 10:15 on Tuesdays, Wednesdays, and Thursdays. Reservations are required; call (808) 828-1520.

Wear shoes with tread, especially if the weather is damp, and expect windy conditions. Short stretches can be strenuous.

While visitors can't yet hike on their own into the refuge addition, the high bluffs of Kilauea Point are excellent vantages for viewing birds and marine life. If you don't have binoculars, you can borrow some (free of charge) from the visitor center near the lighthouse.

To get to the refuge from State Highway 56 (Kuhio Highway), take Kolo Road for two blocks, then turn north onto Kilauea Road and follow it about 2 miles to the parking area; it's a short walk down to the lighthouse. The refuge is open from 10 to 4 daily, except on federal holidays. Admission is $2 per family. ■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When to harvest persimmons

Getting rid of nuisance moss

Dalmatian bellflower

Squirrels vs. walnuts

Amaryllis for Christmas

Sunset's GARDEN GUIDE

Flanders Field poppies

Frost protection for plants

Recycling nursery containers

Book review

November check list

DON NORMARK

November in your garden

POTTED MUMS *cloaked with blooms in autumn gold and rust offer choices for quick color this month.*

THIS IS THE SEASON WHEN LEAVES CRUNCH UNDERFOOT and sunlight creates a kaleidoscopic radiance as it filters through fall foliage. Nurseries are filled with potted chrysanthemums to take home and display instantly in decorative containers. After flowers fade, gardeners in low elevations of northern California can plant mums in a sunny, well-drained spot. For spring bloom, plant annuals, perennials, and wildflowers. Take advantage of wet weather ahead to plant natives, and be sure to water if regular rains don't come.

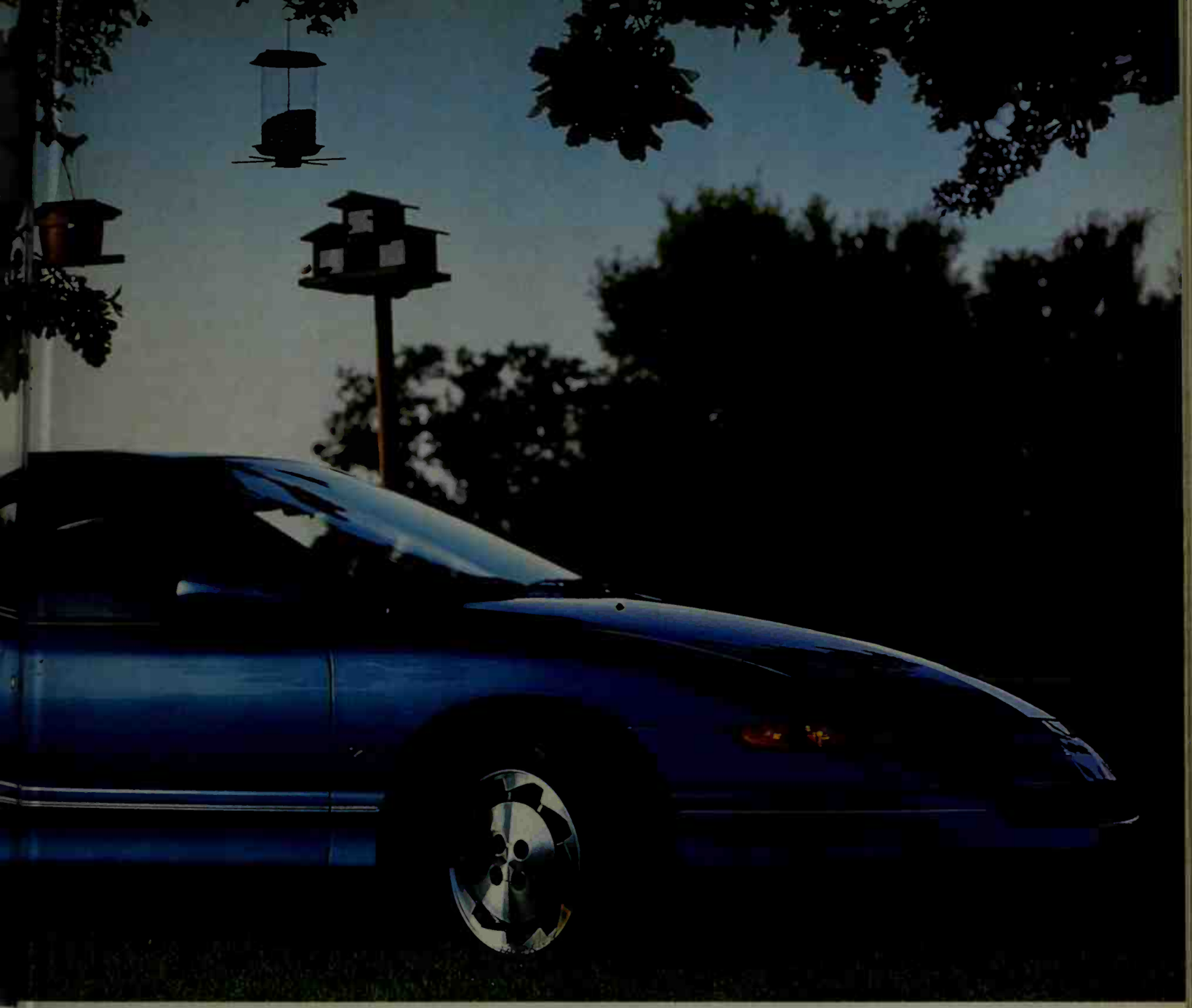
VELMA WILLARSON wanted something that could fly down the highway with a fifty-pound load of birdseed.

Ask any rosebreasted grosbeak or nuthatch around Winchester, Wisconsin, and they'll tell you about Velma. She feeds them and hundreds of other wild birds out of the goodness of her 76-year-old heart. They'll tell you how they used to watch her struggling to lift big bags of birdseed out of the back of her old sport coupe.

But no more.

Now Velma's got a brand new Saturn. It not only has a

© 1991 Saturn Corporation. Velma Willarson is pictured with a 1992 Saturn SC.



roomy, convenient trunk, but back seats that fold down. Meaning, to everyone's benefit, an increased birdseed-per-trip efficiency.

They'll also tell you that Velma's new Saturn is just about as aerodynamic as anything that rolls on the ground can get.

In fact, the only thing they don't seem to like that much is how quiet the Saturn is. When Velma had her old car, they could hear the sound of lunch coming for miles.

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Central West

GARDEN GUIDE

When to harvest persimmons

Fat, orange persimmon fruits dangling beneath golden foliage are one of the visual pleasures of November in northern California gardens. But how do you tell when the fruit is ready to harvest?

One good rule is to get to it before the birds do. You can pick fruit when it's golden orange but still firm, then let it continue to ripen indoors. Premature fruit won't pull from stems, so cut the stems with sharp shears.

Since persimmons are slow to ripen, the fruit can be displayed in a bowl for seasonal color until ready to use. To age fruit faster, place it in a paper or plastic bag with an apple for three to five days; check frequently.

For 'Hachiya' types (with the pointed ends; pictured above right), the fruit is ripe when it is soft to the touch and appears translucent with a dull-looking skin. 'Fuyu' types (with flattened ends) should feel solid and have shiny skin with a bright, deep orange color.

Winter weather means nuisance moss

Cooler, wetter weather can encourage the rapid growth of moss in moist, shady parts of the garden, especially where soil is acid or low in fertility. To keep moss from invading shady borders, improve the drainage by amending the soil or using drainage tiles, and fertilize to encourage the desirable plants. If this doesn't slow down moss growth, apply copper or iron sulfate or hydrated lime to the soil to kill the moss. Keep spray directed away from desirable plants and pavement.

NORMAN A. PLATE

RICH ORANGE-RED COLOR *and full size indicates that 'Hachiya' persimmon is ready to pick. Ripen indoors; eat when it's soft.*

Commercial preparations of soap (potassium salts of fatty acids) are also available at garden centers, and they won't discolor pavement like iron and copper sulfate will. One such product is Safer De-moss (sold by the quart for about $10).

DARROW M. WATT

STAR-SHAPED *bluish purple blooms cover Dalmatian bellflower plants in summer.*

Plant bellflower now for color next summer

For a small-scale ground cover, an edging plant, or a filler between steppingstones, one handsome choice is Dalmatian bellflower (*Campanula portenschlagiana,* also sold as *C. muralis*). Soft, evergreen mounds to 6 inches tall are covered with bluish purple star-shaped flowers (see picture at left) from May through August, often reblooming in the fall.

This fast-spreading but noninvasive plant will form clumps 12 inches across. Plant in full sun (part shade inland) and in well-drained soil. Once established, it will tolerate dry soil.

Dalmatian bellflower combines well with sweet alyssum, lobelia, candytuft, and rockcress. You can set plants out now, 8 to 12 inches apart. They're sold in sixpacks, 4-inch pots, and 1-gallon pots; prices range from $2 to $6.

Squirrels vs. you and your walnuts

At this time of year, a hungry squirrel has absolutely nothing better to do than think of ways to get into your walnut trees. Here are ways to squirrelproof them.

Keep tree branches pruned back at least 4 feet from the nearest adjacent tree or structure—8 feet if the squirrel's potential launchpad (including power lines) is higher than the tree. Keep branches pruned at least 4 feet off the ground. Surround the trunk with a 2-foot-high sheet-metal collar. The bottom of the collar should be at least 18 inches off the ground (2 feet is better). Finally, pick the walnuts before the squirrels get to them.

Amaryllis for Christmas

Pot African amaryllis bulbs between November 10 and 15 for dramatic 9-inch flowers at Christmastime.

Plant the bulbs in a heavy 6- to 8-inch pot that won't tip when the top-heavy plants blossom. Hold the bulb at the top of the container with roots extended down. Fill under and around with fast-draining potting mix; firm the soil. Be sure to leave the upper half of the bulb exposed above the soil.

Water regularly when the flower bud is out of the bulb. Keep the pot in a warm, shady indoor spot until the bud is 6 to 8 inches high, then move the pot to a brighter location.

Flanders Field poppies: sow now for spring

It's hard to beat the luminous colors and papery petals of Flanders Field poppies (*Papaver rhoeas*). These European natives with dazzling red petals and black centers make stunning companions to

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DARROW M. WATT

DAZZLING RED *Flanders Field poppies and pink Shirley poppies bloom spring through summer.*

California poppies, lupine, and coreopsis. Shirley poppy, a strain of Flanders Field poppy, bears flowers in shades of pink and salmon to scarlet with yellow centers (flowers can also be bicolored or edged in a different color).

Both kinds have hairy stems reaching 2 to 3 feet in height and topped by fat, nodding buds that open into 3- to 4-inch flowers.

Flanders Field and Shirley poppies create a sea of bloom in spring in Lenore Horowitz's Atherton, California, garden (shown at right). Enchanted with their easy care and vivid colors, she spread them around by cutting the plants in the late summer and shaking seed pods where she wanted the plants to grow. They prosper on rainfall and no summer watering, but occasional watering can extend the bloom period.

Sow seeds this month in mild-winter areas for bloom beginning in late winter. In colder regions, wait until spring to sow. For a succession of bloom into summer, space sowings a month apart. To keep flowers coming, remove seed capsules. Plants will self-sow if pods are left on toward the end of the bloom season.

Look for poppy seeds at nurseries, or order by mail. Two mail-order sources are Clyde Robin Seed Company, Box 2366, Castro Valley, Calif. 94546; and Gardener's Eden, Box 7307, San Francisco 94120.

NORMAN A. PLATE

FLOATING ROW COVER *unfurls from bamboo poles to give frost protection for the last of summer's impatiens.*

Easy-on frost protection for plants

One early cold snap can finish off tender plants such as impatiens that otherwise might remain attractive another two weeks. It can also nip the blooms off hardier ones such as geraniums.

At *Sunset's* test garden, horticulturist Bud Stuckey uses the method shown at left to protect warm-season annuals and seedlings. He staples lightweight floating row cover fabric to bamboo poles and unrolls the cover over the plants at night when frost is forecast; the degree of protection depends on the fabric weight used. The poles keep the fabric from blowing around and getting tangled. For more protection, use hoops to keep fabric raised above the plants.

Light spun-polyester fabrics (such as Reemay) are available from garden centers or garden supply catalogs such as Gardeners Supply Company, 128 Intervale Rd., Burlington, Vt. 05401. Prices start at $6 for a 67-inch by 20-foot roll.

Recycling nursery containers

Black plastic nursery containers are unsightly for displaying plants. So what do you do with them after you've set out the plants you bought in them? Before you throw them away, find out whether the garden center where you bought the plants accepts plastic cans for recycling. Some retail nurseries are starting to do so. If yours does, ask in what condition it would like them returned. As a courtesy, wash out the cans before turning them in.

If you can't find a nursery near you interested in recycling, you can use the cans to start new cuttings, or camouflage them with pot wraps (see July *Sunset*, page 100).

Water-wise manual for mountain gardeners

The Xeriscape Flower Gardener: A Waterwise Guide for the Rocky Mountain Region, by Jim Knopf, offers comprehensive information on planning and design of water-thrifty mountain gardens, as well as plant lists for shrubs, ornamental grasses, and herbaceous plants (some with color photos).

The book also tells how to create special gardens such as wildflower meadows and edible landscapes, and how to attract hummingbirds and butterflies. Handy resource lists include gardens to visit and plant sources. The book is available from most bookstores ($14.95 paperback), or can be ordered from the publisher, Johnson Books, 1880 S. 57th Court, Boulder, Colo. 80301 ($17.45 includes postage and handling).

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Central West GARDEN GUIDE

IN HIGH ELEVATIONS of California, and east of the Sierra, gardening moves indoors for winter this month. For chores, see items marked with a ★.

IN LOW ELEVATIONS of northern California, fall planting opportunities continue. For chores, see items marked with a ●.

November Check List

HERE IS WHAT NEEDS DOING

☐ **CLEAN UP.** Pull up what's left of summer annuals and vegetables. Rake up leaves. Except for weeds that have already gone to seed, add all debris to the compost pile. Thorough cleanup now will eliminate hiding places for earwigs, slugs, snails, and sowbugs. ★●

☐ **COMPOST.** Add yard debris and fruit and vegetable scraps to the compost pile. (You can make a simple composter by bending a 4-foot-high 12- to 14-gauge piece of wire fencing into a cylinder and hooking the cut edges together.) To fill, alternate 1- to 1½-foot layers of garden debris with 2- to 3-inch layers of soil. Sprinkle nitrogen fertilizer every 1½ feet. Keep pile evenly moist, and aerate by turning it over every two weeks. ★●

☐ **DIG AND DIVIDE DAHLIA TUBERS.** If you haven't done so already, lift dahlia tubers. Trim any remaining foliage and stems, and brush off soil. To divide, use a sharp knife (see right) to cut sections. Each division should have one or more buds (eyes, sprouts) at the base of it. Discard any soft or diseased sections. Store healthy tubers in peat-filled bags in a cool location. ★●

☐ **FERTILIZE.** Feed cool-season annuals and vegetables. Use a complete high-nitrogen fertilizer such as 20-10-10. Fertilize your lawn if you haven't already done so this fall, or if the fertilizer you're using requires a second application (check label). If you're trying to conserve water, wait to fertilize until several inches of rain have fallen. ●

☐ **PLANT ANNUALS.** This is the last opportunity to set out winter annuals. For the best growth, remove plants from 4-inch pots and gently spread the roots apart before setting them in the ground or a container. Choices include African daisy (*Dimorphotheca*), calendula, English and fairy primroses, Iceland poppy, pansy, snapdragon, stock, sweet alyssum, sweet William, viola, and wallflower. ●

☐ **PLANT FOR PERMANENCE.** It's not too late to plant most ground covers, shrubs, trees, and vines. Wait until late December for bare-root roses, trees, and vines to arrive in nurseries. Wait until spring to set out cold-tender plants such as bougainvillea, mandevilla, and citrus. ●

☐ **PLANT GARLIC.** Set out regular or elephant garlic cloves in fast-draining soil. For a harvest of large heads, set out the largest cloves you can find. ●

☐ **PLANT LAWNS.** There's still time to sow or lay sod of cool-season grasses. Unless you plan to use the lawn for play, consider reducing turf areas to conserve water. Or replace it all with unthirsty ground covers. ●

☐ **PLANT PERENNIALS.** Nurseries have a wide assortment this month in six-packs and pots. Select from alyssum, basket-of-gold, campanula, columbine, coral bells, coreopsis, delphinium, dianthus, English daisy, gaillardia, gloriosa daisy, penstemon, phlox, Oriental poppy, and salvia. ●

☐ **PLANT SPRING BULBS, CORMS, TUBERS.** Unusual bulbs may be in short supply now, but most nurseries have a good selection of popular kinds. Chill hyacinths and tulips in a refrigerator at 40° for six weeks before planting. ●

☐ **PLANT TREES.** If you want trees for fall color, this is a great month to shop for them. Many will be at their peak. Choose from colorful drought-tolerant ones such as Chinese pistache, crape myrtle, redbud, and sweet gum. ●

☐ **PLANT VEGETABLES.** In many areas, there's still time to sow beet, radish, and spinach seeds. Close to the coast, you can also plant carrot from seed, and broccoli, cauliflower, lettuce, and Swiss chard from transplants. ●

☐ **PROTECT TREES.** Cover the trunks of young trees with tree wrap (available at garden supply stores) to protect them from sunscald and frost cracks. Begin near the soil line and work partway up the major branches. ★

☐ **SOW HARDY ANNUALS.** For spring bloom, start seeds of bachelor's button, clarkia, forget-me-not, linaria, pansy, sweet alyssum, and viola. ●

☐ **SOW WILDFLOWERS.** On slopes and hillsides, especially where wildfires struck this year, sow seed of annual or perennial rye grass or wildflowers. You can also use low-growing flowering plants such as California poppy, Cape marigold, sweet alyssum, and white yarrow. ●

☐ **STAKE TREES.** Trees grow better unstaked, but trunks with leaning tops may need some support. Determine how high to place ties by moving your hand up the trunk till the treetop straightens. Tie tree to stakes using wire or rope covered by hose or tubing. Check ties periodically to make sure they're not girdling the tree. Remove ties when the tree can support itself. ★●

☐ **WATER.** Be sure to water new lawns, plantings, and seedbeds to keep them moist if rains are late or infrequent. ●

What do frogs dream about?

I can't say for sure, but I have a feeling it's the same thing that's always on our minds here at Maker's Mark.

You see, good water is vital to the quality of our bourbon, as I presume it is to a frog's quality of life.

When my father went searching for a place that would become the home of Maker's Mark, he came upon a quaint little distillery in central Kentucky. He found a picturesque old grist mill nestled in the hills and surrounded by Victorian farm buildings and bluegrass lawns lined with hedges. But Dad was not taken in by appearances.

He took note of the deep, spring-fed lake that was part of the property. He tasted the water, and knew he had found exactly what he needed. The water from the springs had a clean, natural flavor, and it gave Dad an idea that would seem absurd to most distillers: he would limit production of his whisky to the amount of water the springs could provide.

To this day, every drop of our bourbon is made only with the clean, limestone-filtered water from our spring-fed lake.

I can't say for sure that our water is the stuff frogs dream of, but without a doubt it has helped make my father's dream come true.

Bill Samuels, Jr.

Bill Samuels, Jr.
President
Maker's Mark Distillery

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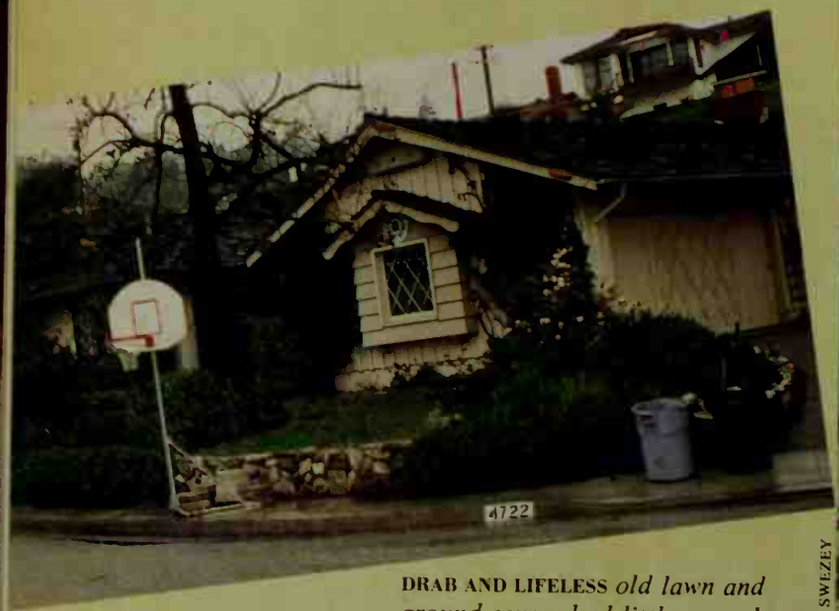
Instead of a front lawn

TO SAVE WATER OR IMPROVE LOOKS, THESE HOMEOWNERS REPLACED LAWN

Once the epitome of suburban life, the pristine front lawn is going the way of the 30-minute shower. Responding to increasing demands on finite



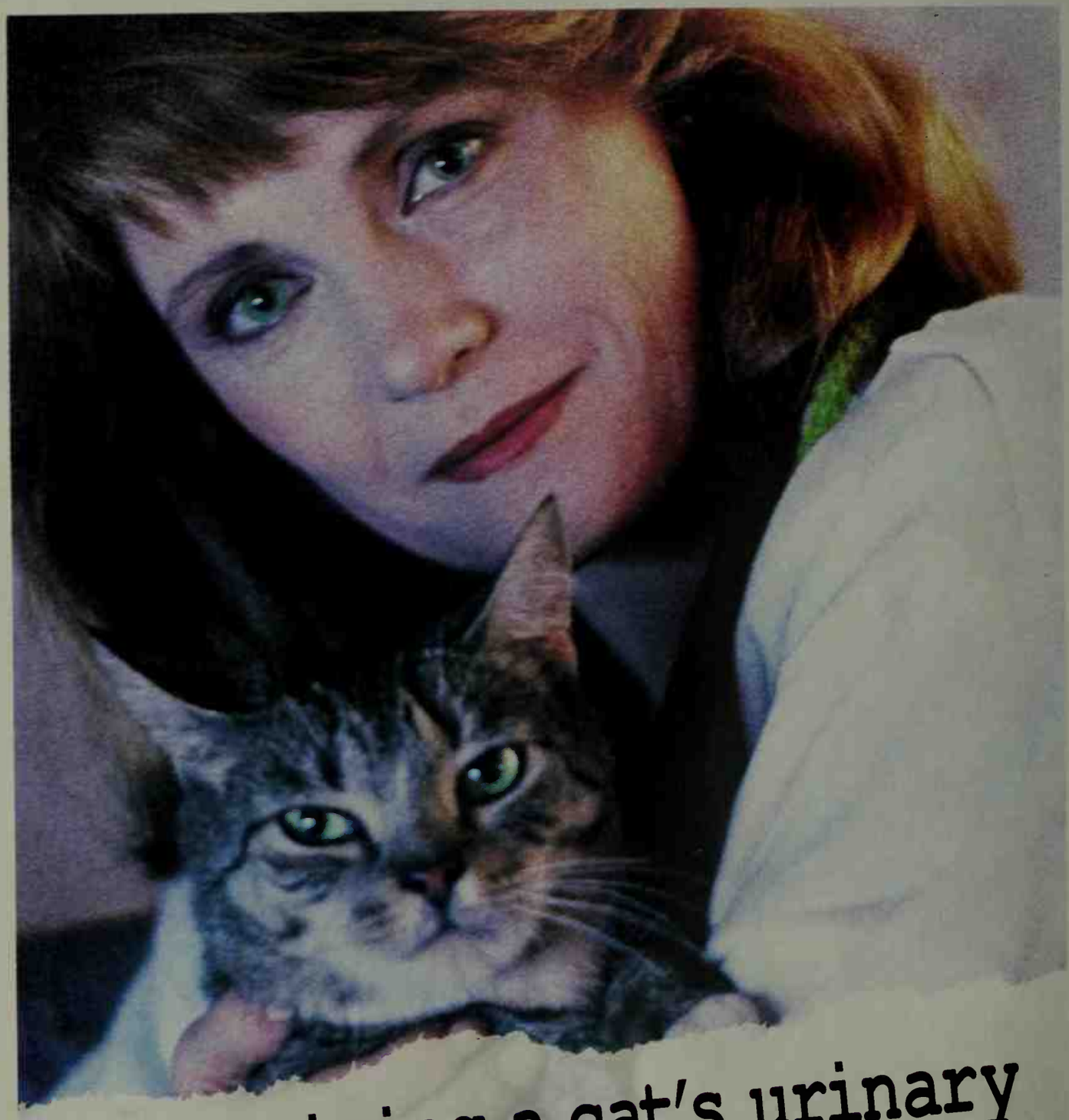
DRAB AND LIFELESS *old lawn and ground covers had little appeal. After a house remodel, the garden was ready for a new look.*

K. BRYAN SWEZEY

IN A FOUR-MONTH-OLD GARDEN

Background plants include Anisodontea hypomandarum, lavender, Oenothera berlandieri, Limonium perezii, and Swan River daisy. At front are foxglove, coreopsis, and lobelia.

"But my cat's healthy. Should I be concerned?"



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DARROW M. WATT

water supplies, and a preference for colorful, lower-maintenance landscapes, more and more Westerners are taking a hard look at the formerly sacrosanct garden choice.

FLANKING *a meandering front path, shiny-leafed vinca and 'Emerald Sea' juniper form a soft, lush-looking green carpet.*

What many are finding is that these mostly unused expanses of thirsty grass no longer seem appropriate for our arid climate. The areas once reserved for them are open to new interpretations. As shown in the California gardens on these four pages, front yards now come in a variety of good looks—with color, low maintenance, and reduced water needs. Fall is the best time to replant.

RICHARD FISH

REPLACING *a browning lawn (left), colorful swath of gray and green santolina gives the impression of a Mediterranean chaparral (below). Lavender and Santa Barbara daisy hug the new steps; young clumps of blue fescue grow at the front.*

DRY-CLIMATE PLANTS FOR CONTINUOUS COLOR

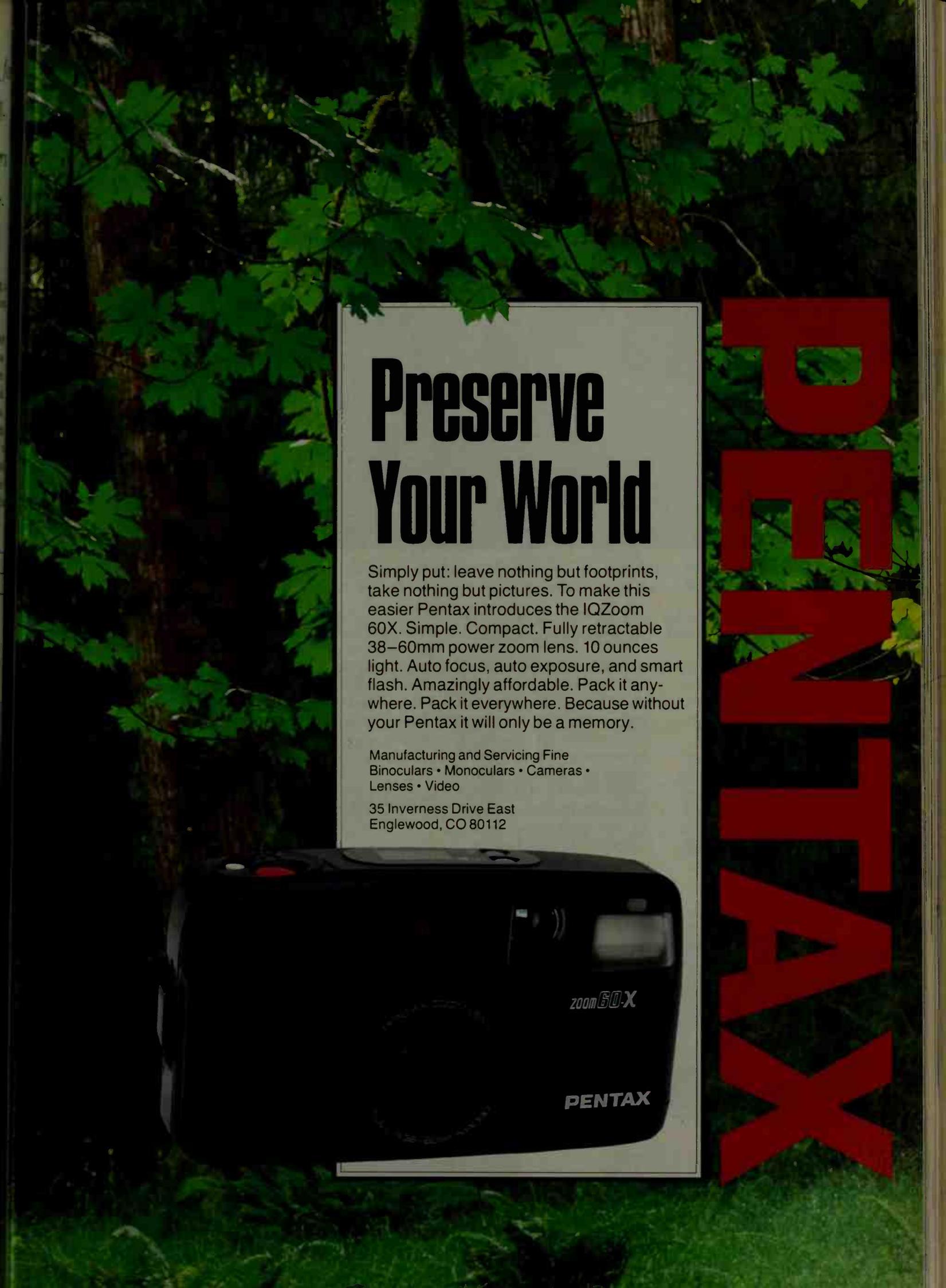
Living in a traditional neighborhood where lawns prevail, Martha and John Bauman of Palos Verdes Begonia Farm set out to prove to their neighbors that gardens can be colorful and use less water than lawn.

Starting from scratch, they created a "bit of the English garden look" (shown on page 75), using long-blooming, mostly unthirsty plants adapted to their dry climate.

In the main beds, perennials and shrubs are grouped according to their moisture needs and watered by drip irrigation; minisprays water creeping thyme growing between the flagstones. Thirstier perennials confined in a raised bed next to the front walk are irrigated by ooze tubing. Water use has been cut by a third.

A GARDEN OF TEXTURES AND SHADES OF GREEN

For a lush look without the care or water use of a lawn, the Palo Alto garden shown at top uses low-growing ground covers, shrubs, and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DARROW M. WATT

PATHS AND DRIVEWAY *formed of interlocking pavers define planting beds. Spring color comes from pansies, poppies, and tulips; loropetalum, oak, and vinca grow in front bed.*

vines in different textures and colors.

Under the shade of oaks, Burlingame landscape architect Lou Marano planted a ground cover of shiny, dark-green vinca. In the sunny area behind it grows 'Emerald Sea' juniper. Pink breath of heaven and *Dietes vegeta* are used as vertical accents; Boston ivy crawls across the wall. Plants need water once a week or less.

MEDITERRANEAN CHARM

Faced with large water bills from keeping up an old, thatch-ridden Bermuda lawn, and wanting a more appropriate landscape for their Mediterranean-style house, the owners of the Santa Monica property shown at the bottom of page 78 decided to forgo all lawn, even though grass is typical of the neighborhood.

Designer Susanne Jett of Jettscapes created "a colorful patchwork of arid-climate plants with the look of classic Mediterranean chaparral." Monthly water savings are 40 percent. What required one mowing a week now needs attention only twice a year.

LOW MAINTENANCE WITH SEASONAL FLOWERS

Needing a garden that didn't require constant care while they were away for extended periods, the owners of the Palo Alto garden shown at left decided to get rid of their unused front lawn.

Because the driveway dominated much of the garden, landscape architect Lou Marano's challenge was to create a design that was functional without making the garden look like a parking lot.

For interesting texture and color, interlocking pavers were used to form the driveway and paths. A new pergola with stucco pillars updates the '60s house. Along property lines at the sides and at front, low-maintenance beds keep care to a minimum.

A CANVAS OF CONSTANTLY CHANGING COLOR

Kathy and Nick Hendig's south-facing garden in Monte Sereno (below) bakes in the afternoon sun. Their old, 120-foot-wide lawn growing in poor soil needed water three times a week and still never looked good, so they hired San Jose landscape designer-artist Cevan Forristt to create a different kind of garden with an unkempt feeling and lots of color.

Like an artisan working with paints, Forristt applied brushstrokes of living color, using unthirsty shrubs, long-blooming perennials, and grasses, while cutting water use in half. ■

PETER O. WHITELEY

DOMINANT COLORS *in the early-summer garden (right) are from yarrow, red-hot poker, santolina, purple penstemon, and English, French, and Spanish lavenders. The old yard (above) had no character.*

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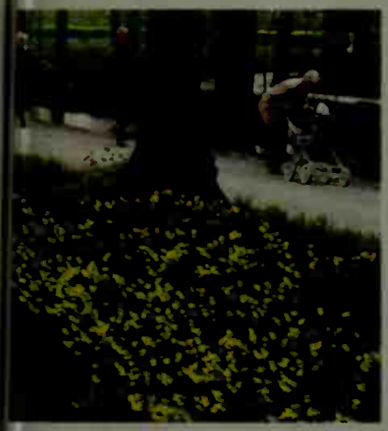
LITTLE 'HAWERA' DAFFS *(above and below) work well massed along a garden path.*



DON NORMARK

PETALS SWEEP BACK *from the cup of bicolor 'Jack Snipe'.*

Thinking small . . . the little daffodils

ONCE YOU'VE PUT THE bigger-is-better notion out of your head, the sheer charm of smaller daffodils will win you over. Some are fragrant, many are multiflowered, and all can add a priceless warmth to a spring garden.

Here we describe two fine yellows and a pair of bicolors.

Most kinds naturalize well throughout the West, especially in cooler climates. They're available now at well-stocked nurseries and garden centers, and from mail-order suppliers (but act fast). Also check the garden events listings on page 104.

'Hawera' may be the most floriferous of the lot, with one bulb growing several flower spikes, and each spike producing up to six lemon yellow blooms. Expect 'Hawera' to grow to about 8 inches tall.

In Holland, it grows with grass in places that are seldom mowed, as in the garden pictured far left.

'Jack Snipe', less than 8 inches tall, ranks among the sturdiest of small bicolored daffodils. It takes harsh weather well and blooms freely in part shade. Blooms are one to a stem.

'Minnow' combines the multiple small flowers of 'Hawera' with the color combinations of 'Jack Snipe'. It grows about 7 inches tall. Try it mixed with species tulips. It can be forced.

'Tête à Tête', named for its paired yellow flowers, stands up well to foul weather and can be forced for indoor bloom. Blooms can also appear singly or in triples; a larger bulb and warmer weather seem to work in favor of multiple blooms.

To force early indoor bloom, pack a shallow flower pot with 'Tête à Tête' bulbs and put it outside for about eight weeks. When the first shoots emerge, move the pot to a bright spot indoors. ■

DEEP YELLOW *'Tête à Tête' flowers stand about 7 inches tall.*

WITH DIMINUTIVE *yellow cups and white petals, lightly fragrant 'Minnow' daffodil blooms in multiples.*

It's time for a change to Gallo.

Shellfish bouillabaisse with cilantro.

©E. & J. Gallo Winery, Modesto, CA.

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ALIFORNIA

ROCKERY TROWEL, *just 1¾ inches wide and 6 inches long, is deep and narrow enough to shoehorn plants into tight spaces.*

SINGLE-TINED CULTIVATOR *doubles as a weeder and crevice-planting tool. Sometimes it's also called a heart hoe.*

ROUNDED PERENNIAL SPADE *with D handle easily digs a deep, narrow hole in perennial bed without disturbing plants.*

STAINLESS STEEL WEEDING BLADE *has a thin hook for extracting weeds and grass from between pavers, and a cutting blade on its back for light-duty hand-edging.*

DOUGLAS BOND

Tools for those tight spaces

AS GARDENS GROW UP, tool sizes tend to go down. When you find yourself working beneath, between, and around plants, you need tools that are smaller and more precise. Following are some of our favorite choices.

Cultivators and weeders. Single-tined cultivators are at their best slipping through the spaces in closely planted bulb and flower beds. Drag the tine through the soil to loosen it, then hand-pull weeds. They come out with little or no resistance. Use the dull-tipped kind (pictured at upper right) in soils that have weeds that send out runners; the blade will pull up the runners without severing them, so you can get the whole plant at once.

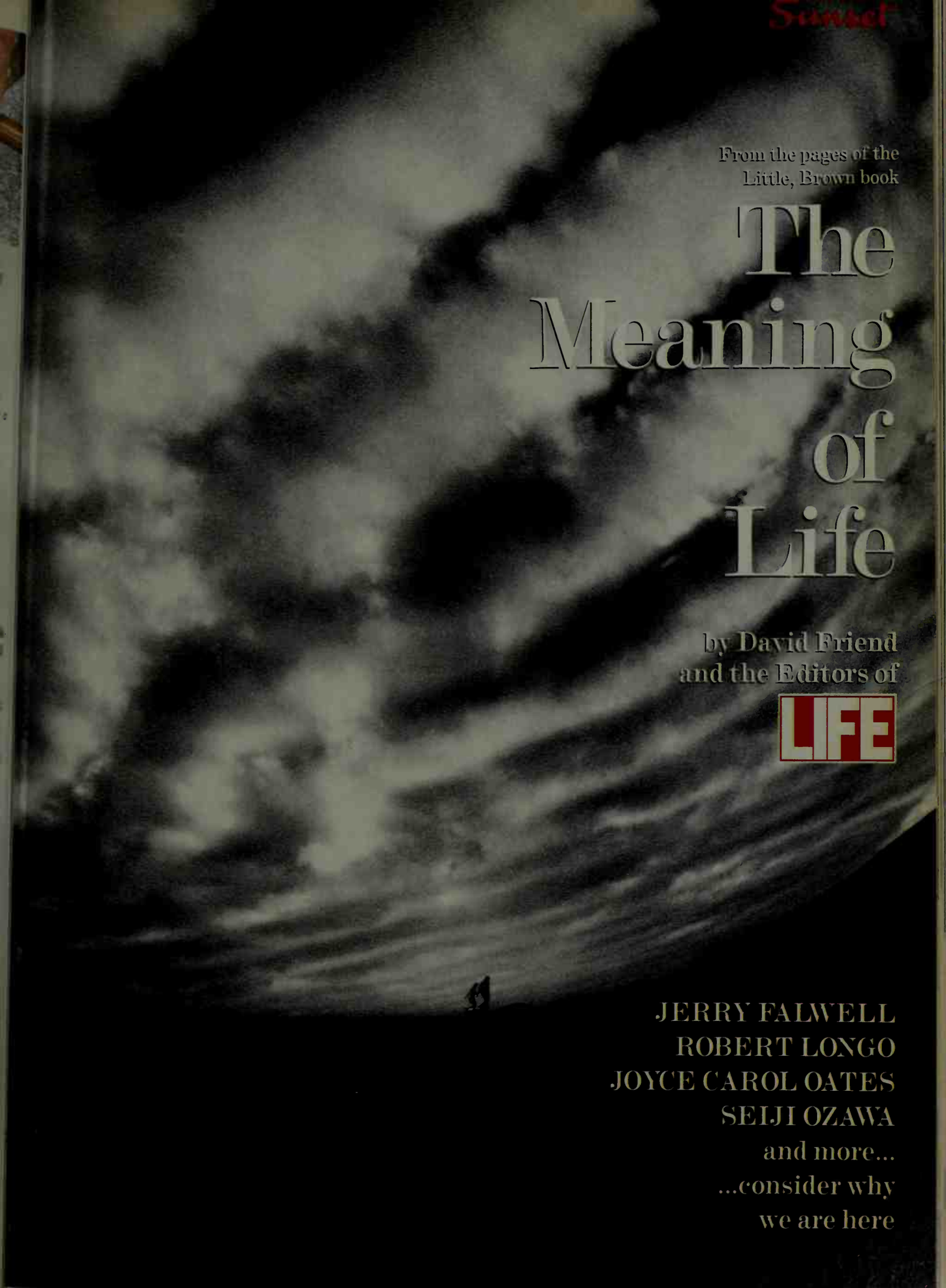
When your goal is to slice off weeds below ground level, use the kind with a single blade attached (often called Bar Harbor or New England weeders).

Crack weeders are perfect for removing grass that grows through cracks between bricks. They're also small enough to carry in your pocket for hooking the occasional garden weed.

Spades. Many names describe the same class of tools: perennial spades, poaching spades (pictured), drain spades, trenching spades, and floral spades. All are narrower (but not necessarily shorter) than standard spades and shovels.

Don't use children's tools: handles are usually too short for adults. And check tool construction. Some narrow spades have no shoe rest on the blade, so you can't drive it into the soil with your foot. If that's the case, the tool should have a Y or D handle so you can bear down with your hand.

Trowels. A standard 4-inch-wide hand trowel seems clumsy in a rockery. Narrower trowels, in widths down to about 1½ inches, fit better into tight spaces. For maximum strength, look for trowels whose parts are welded (not riveted) or of one piece. ■


From the pages of the
Little, Brown book
The
Meaning
of
Life
by David Friend
and the Editors of
LIFE
JERRY FALWELL
ROBERT LONGO
JOYCE CAROL OATES
SEIJI OZAWA
and more...
...consider why
we are here

For thousands of years, everyone who thinks has surely thought of the question at least once.

What is the meaning of life?

The editors of LIFE magazine thought about it enough to spend years gathering the answers contributed by 173 sages from all walks of life and 127 world-class photographers.

And those words and pictures, sampled here, are now a book called *The Meaning of Life*.

It's a very humbling experience to be associated with a volume on such a profound question.

A simple question, yet always capable of producing a startling range of responses. And, like life itself, some are uplifting, some are unsettling, but all are revealing: from Jesse Jackson to Jackie Mason, Alfred Eisenstaedt to Desmond Tutu, Marlee Matlin to Muhammad Ali, the Dalai Lama to Linus Pauling, Rosa Parks to Richard Nixon.

Mazda is proud to present *The Meaning of Life*. In the coming months, we will continue to sponsor programs on this theme, including a traveling exhibition of photos and essays as well as a television special.

Because we feel that when you ask better questions, you tend to come up with better answers.

And the questions don't get much better than this one.

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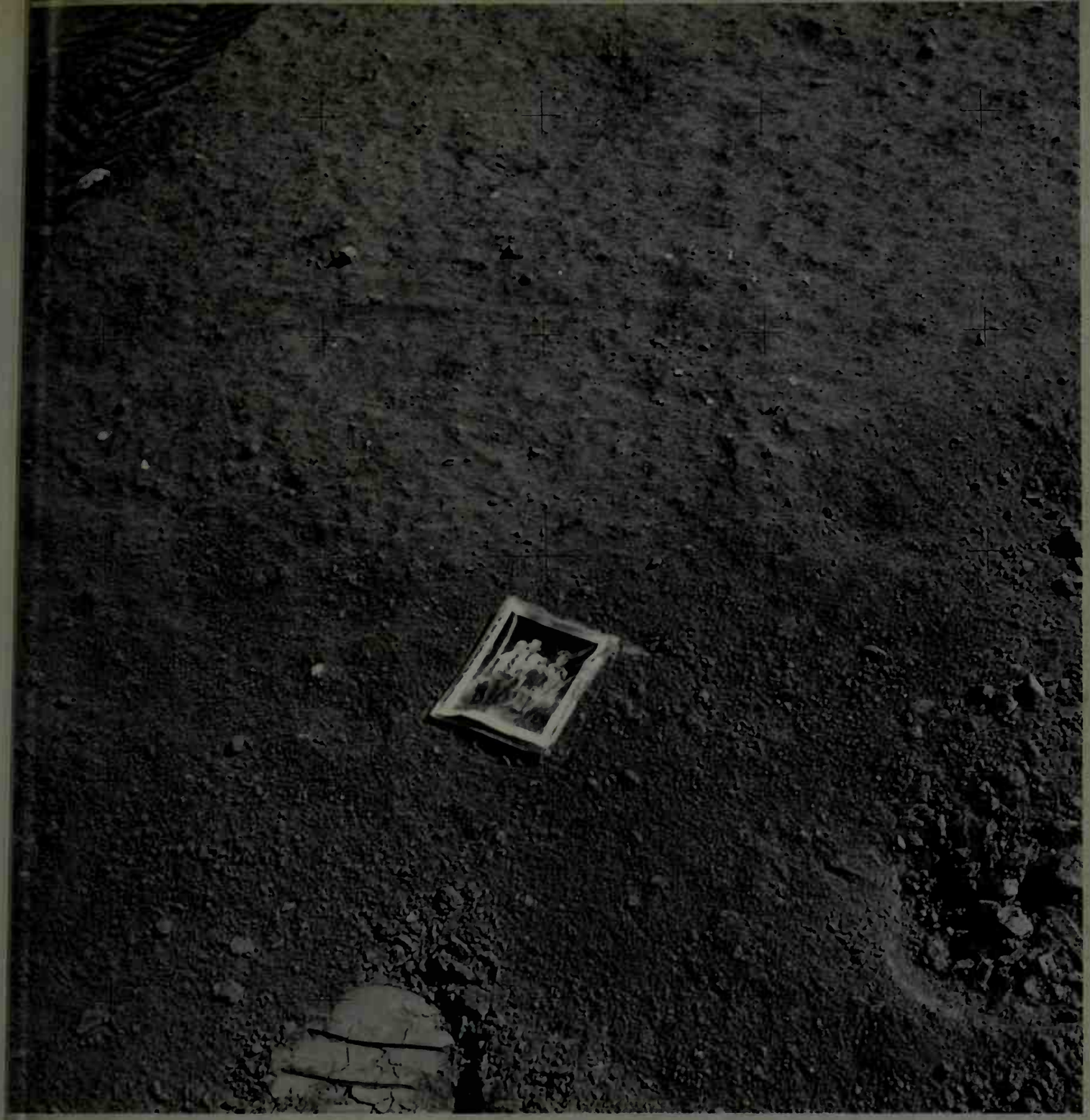
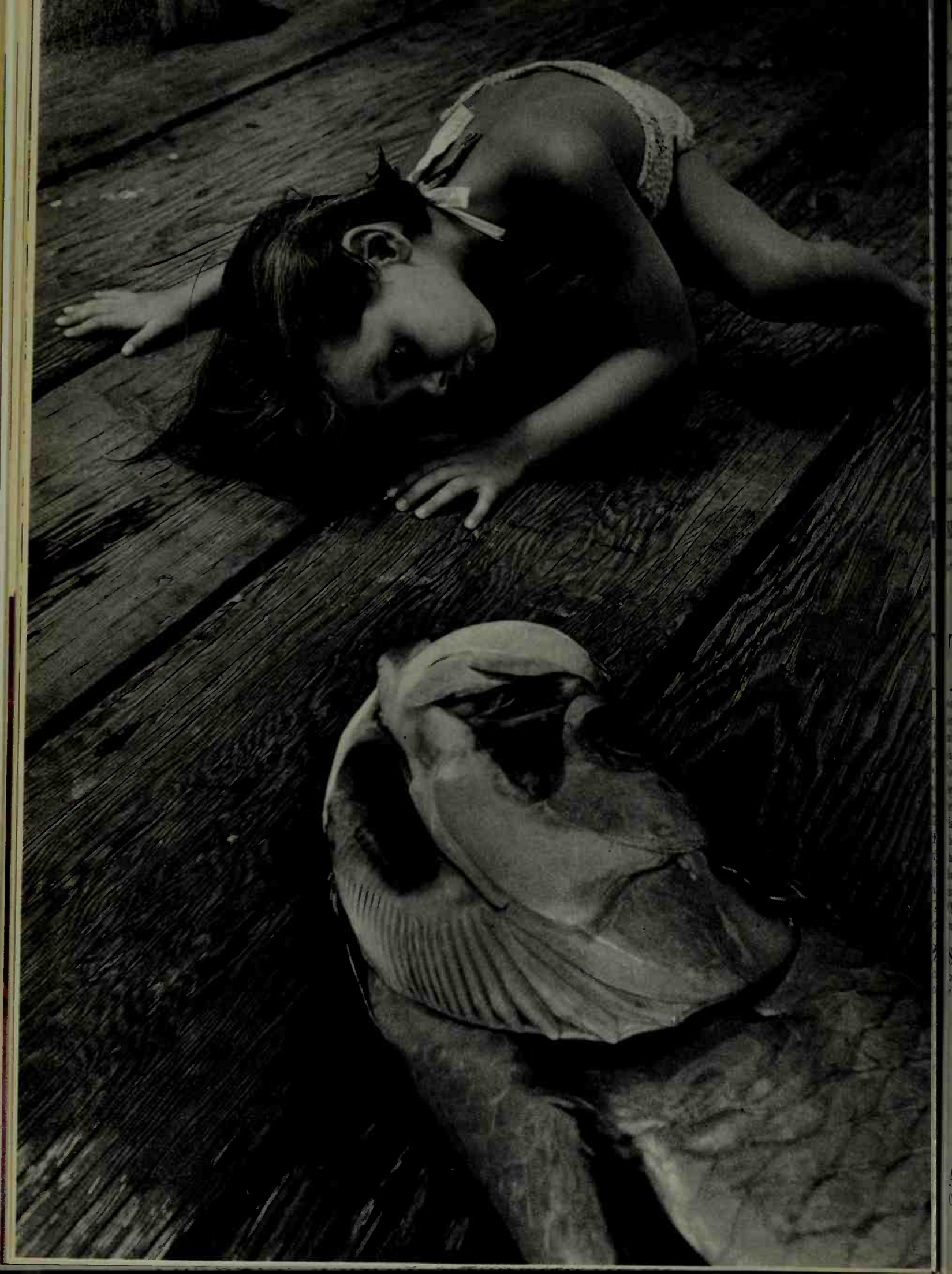


Charles Duke/NASA
FAMILY SNAPSHOT ON LUNAR SURFACE, APOLLO 16

(Cover)
Harald Sund
JOURNEY TO THE FUTURE
© Harold Sund

From the pages of the Little, Brown book **The Meaning of Life** by David Friend and the editors of LIFE



What is the meaning of life? Love. o love. To be loved. No surprise there.

Philosopher Max Scheler reminds us, nd our experience confirms, that before she the thinking being or the willing being, ie human is *ens amans*—the loving being.

As for God, *faith* impels people to eserve that name for the first and final ource of meaning. In the Hebrew criptures, faith finds God showing steadfast love," and in the New Testament, hile love is not God, God is love.

I have no good idea and have never met r read anyone who did, as to why evil in he form of hatred exists to counter love. In he drama between love and hatred, however, find some unfolding of meaning. In ommunion with nearly two billion fellow umans identified with his name, I find this ramatic unfolding decisively connected with esus Christ. I *hope* to learn, in his context, hat *love* is stronger than death.

Thus, three italicized words from I Corinthians 13 line up in this game of life: "So *faith*, *hope*, *love* abide, these three: but the greatest of these is *love*."

Hence, the meaning of life. Or at least the first hint of a whisper of a clue of finding it.

Martin Marty

is a Lutheran theologian, author and historian.

There is a Buddhist term, *deai*, that is difficult to translate but perhaps best defined as "encounter." The meaning is more precisely a combination of chance and destiny, of fate with a purpose. I suppose this is my way of summing up how I feel on this question, "Why are we here?" In my own life, where I am often an Easterner in the West or a Westerner in the East, my own feelings reflect a kind of duality of traditions. I think that there is a line that begins before our life here, intersects it and continues after we exist. Chance certainly plays a part in our lives, but it is chance with a purpose.

Seiji Ozawa,

conductor, is the music director of the Boston Symphony Orchestra.

Alfred Eisenstaedt

CURIOSITY

No earthly purpose satisfies man's longing to find his eternal reason for being. Children grow up, families soon dwindle, financial empires eventually evaporate, jobs are finally completed, life goals are realized and then lose their glitter, a spouse dies, and finally we die, too.

Is that all there is? No.

Man seeks incessantly for the meaning of life until he discovers the single eternal purpose for his existence. That purpose is the same for every man and woman. God created us because He longs to enter into fellowship with us. We belong to Him by right of creation. We can never know order and harmony in this life until we choose to establish a right relationship with God through His Son, Jesus Christ.

Augustine said, "Thou hast formed us for Thyself, and our hearts are restless till they find rest in Thee."

Our own purpose on this earth is to come into fellowship with God through His Son who died that we might be reconciled to the Father. But the choice is personal and that makes the consequences grave. It means that we determine our own destiny. As much as God desires to be known in the personal daily experiences of men and women, He will force Himself on no one. Man must desire God and seek Him.

Our search for meaning to life will end only when we establish that personal relationship with God and begin our walk with Him—for time and for eternity. Then comes that glorious personal fulfillment described in holy writ as the "peace that passes all understanding."

Jerry Falwell,

Baptist pastor and religious broadcaster, founded the Moral Majority organization.

For the past three thousand years our mentality has been going through an astonishing transformation. Before that time, as ancient texts show, human beings were locked into a nonconscious absoluteness, told what to do by hallucinated voices called gods. We possessed what modern psychology calls the bicameral mind: a mind without choice, doubt or wonder. Or even ambition. We lacked even a sense of "selves." It is impossible for us to consciously imagine what it was like. But such a brittle mentality could not withstand the pressures of its own success, such as increased populations, the proliferation of writing and the intermingling of different cultures. In time, the bicameral mind broke down, leaving in its wake the magnificent tapestry of our religions, all referring back to the time when we heard the words of gods.

That mind, over the years, has slowly been replaced by introspective consciousness. This new way of making decisions has left us wishing that we might again feel the continual authorization of divine guidance, and has made us able to ask questions such as "What is the meaning of life?"

This question has no answer except in the history of how it came to be asked. There is no answer because *words* have meaning, not life or persons or the universe itself. And it is in such understanding of all individual selves and all civilizations that our search for certainty can rest. Beyond that, there is only awe.

Julian Jaynes,

psychologist, investigates the origins of consciousness and the evolution of behavior.

Why are we here? Who are *we*? Where *is* here? *Which* here?

As a species of unfathomably diverse individuals we seem to be engaged in a vast experiment of consciousness: the evolution of consciousness. As individuals, we seem to be engaged in "lives" that might be seen as sequences of problem-solving episodes giving pain and pleasure in varying doses. As family members, we seem to be engaged in creating and sustaining fragile, yet powerful, auras of love.

But maybe we are here simply to tell stories to one another about why we're here, and where we're headed. Aristotle speculated that imagination springs from desire; desiring something not-us, not-here, we create *phantasia*—the mind telling itself stories. All religions are the consequence of elaborate, communally shared fantasies, ingenious efforts of storytelling. And why not, if the stories yield pleasure?

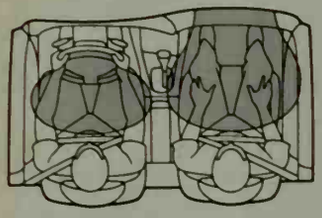
The nicest and shortest answer might be this: We're here to feel the joy of life pulsing in us—now.

Joyce Carol Oates

is an essayist, poet, novelist and short-story writer.

From the pages of the Little, Brown book **The Meaning of Life** by David Friend and the editors of LIFE

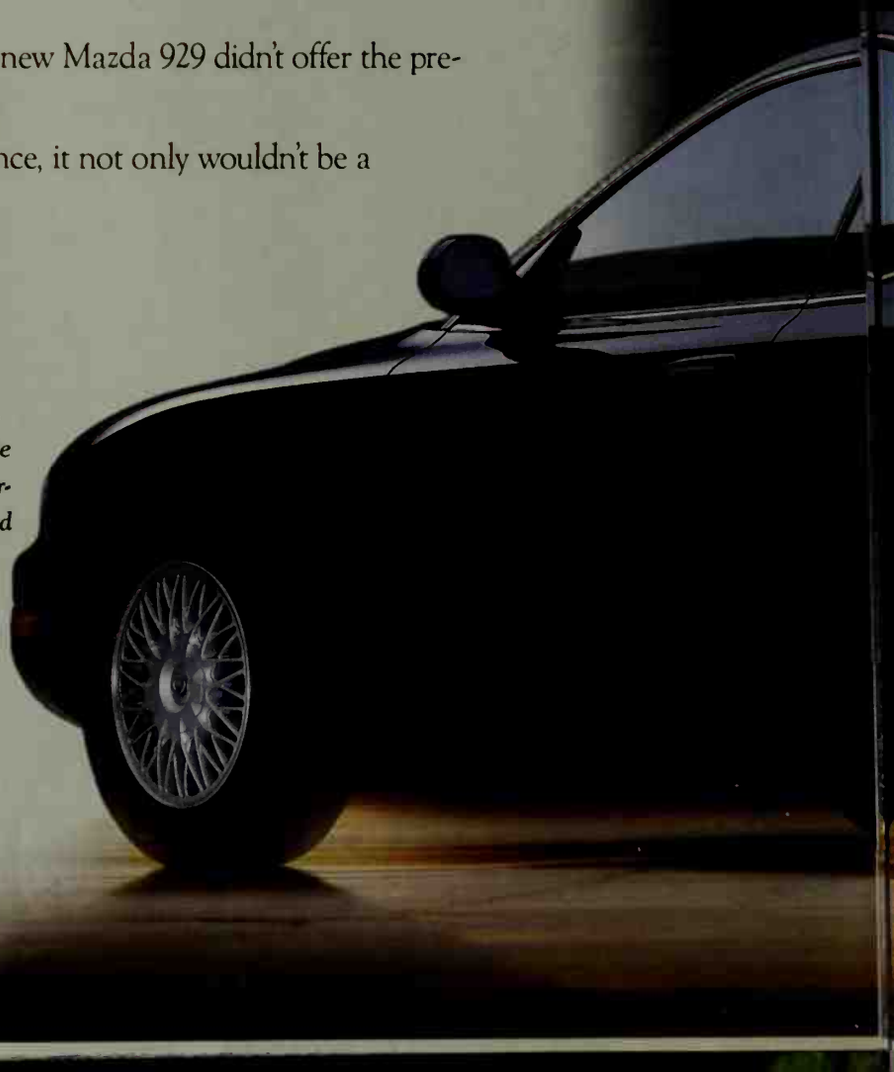
A LUXURY SEDAN THAT DOESN'T DEPEND ENTIRELY ON LUXURY TO MAKE YOU FEEL GOOD. Why should the rewards of owning a fine automobile be restricted to the purely physical? It was this unconventional thinking that ultimately led to the new Mazda 929. A luxury sedan conceived not by corporate committee but by a fine artist. Resulting in aesthetics that may strike a somewhat deeper chord in you than cars normally do. ❧ And to help satisfy your desire for environmental responsibility, we've eliminated 70% of our manufacturing waste. Further distinguishing the new 929 from automobiles that rely on extravagance as their sole appeal. ❧ Of course, you can also savor the eager yet smooth acceleration



of its 24-valve V6 engine, the security of standard air bags for both driver and passenger and the supple contours of its leather-trimmed upholstery.* ❧ After all, if the new Mazda 929 didn't offer the prerequisites of uncommon comfort and performance, it not only wouldn't be a luxury sedan. It wouldn't be a Mazda.

THE MAZDA 929

The only car in its class with dual air bags standard. ABS. 3.0L, 24-valve V6 engine. Multi-link suspension. *Available leather-trimmed upholstery. First car with available solar-powered ventilation system. 36-month/50,000-mile limited warranty. No-deductible, "bumper-to-bumper" protection. See your dealer for details. For a free brochure on the new 929 or any new Mazda, call 1-800-639-1000.



*Seats upholstered in leather except for back side of front seats, bottom cushion side panels, and other minor areas.

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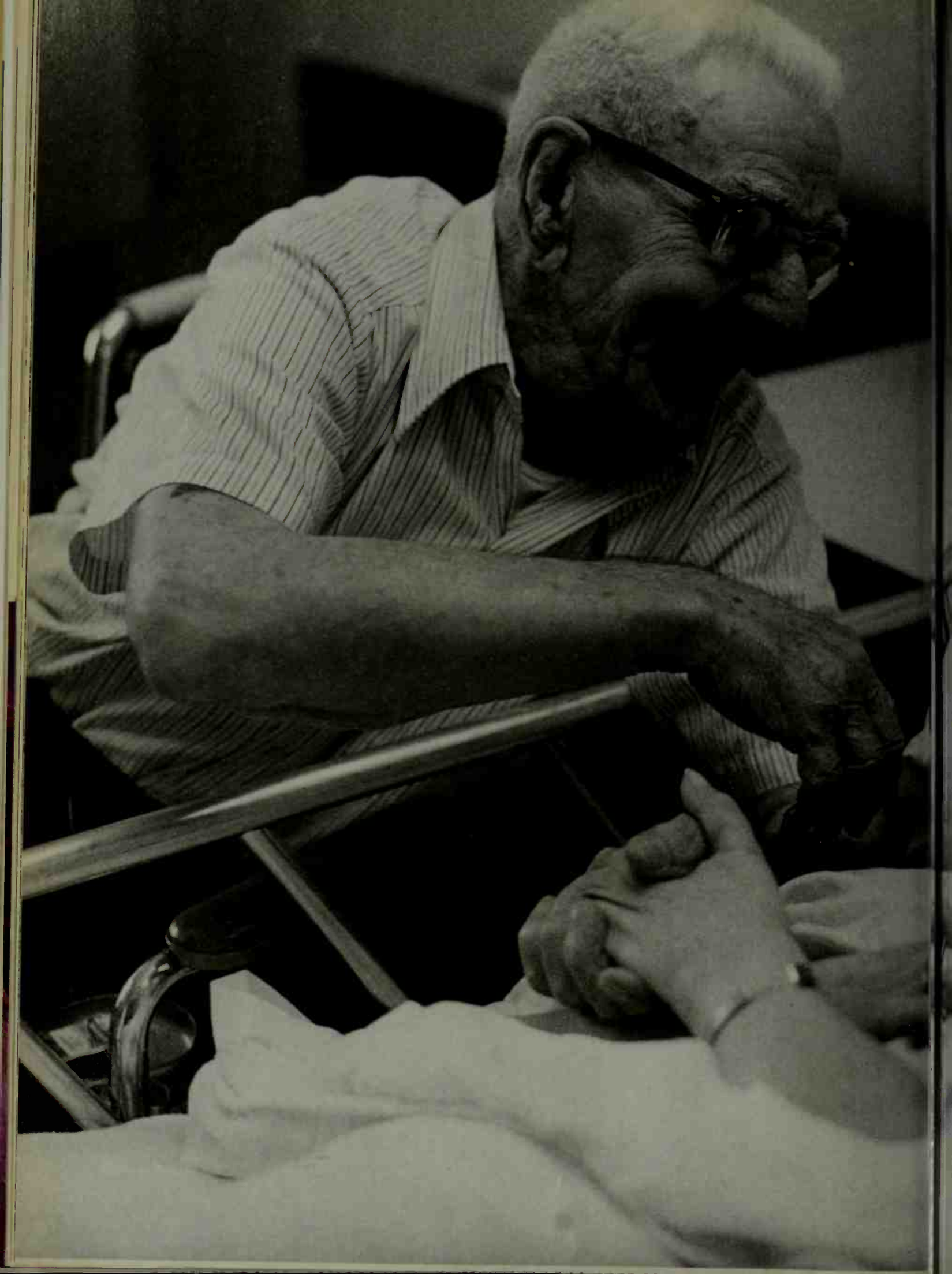
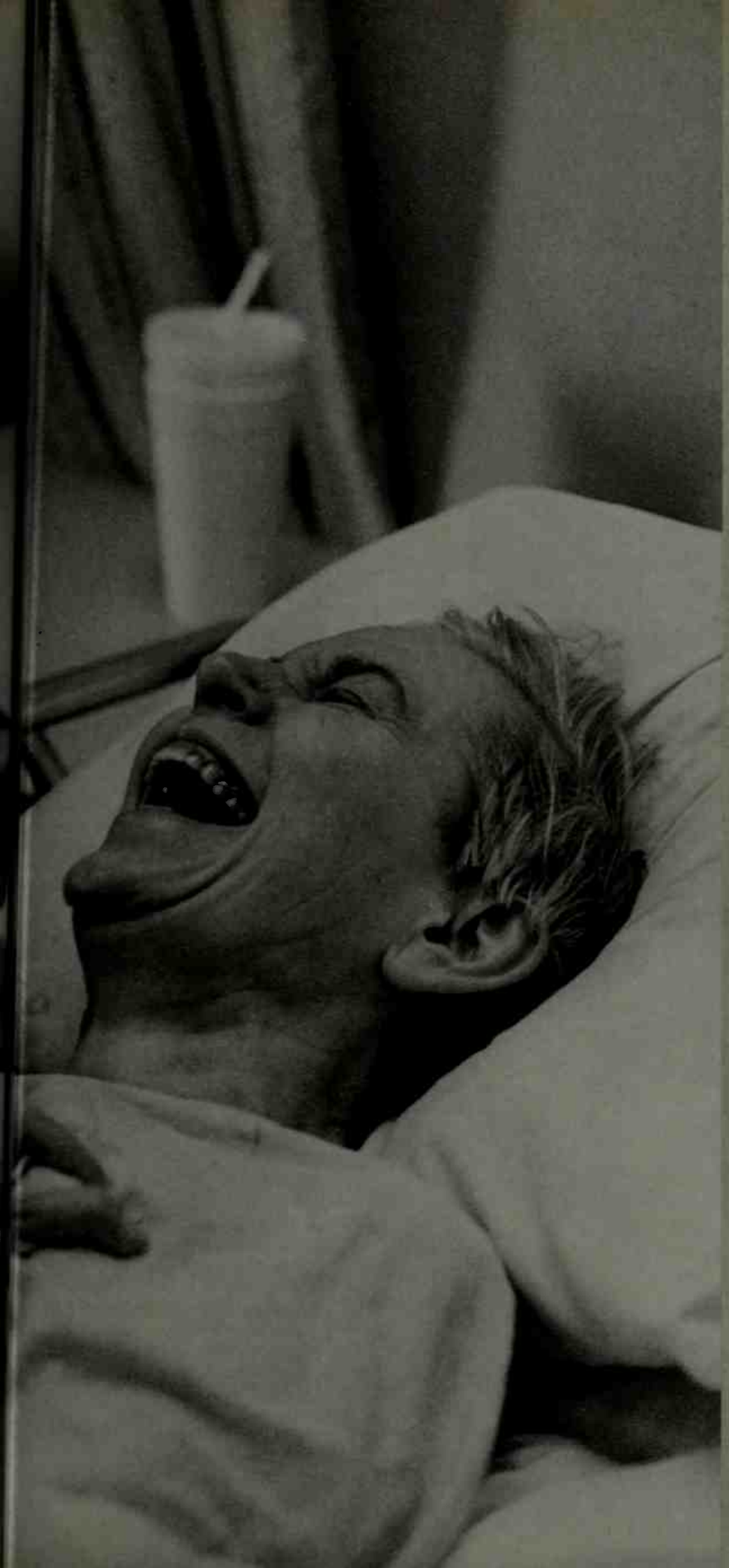
mazda
IT JUST FEELS RIGHT.





For years I have listened to people during a critical stage of despair, a stage where they've felt life no longer had a meaning and they've been tempted to just end it all. At that point in someone's life, there's no point in trying to hand over some package and say, "Here, believe this" or "Think this" or "Do that" and hope that it'll offer some kind of salvation. Nobody else's package really matters at that instant. And because I don't have a package to sell, what I've offered has been my own companionship in those moments when someone is trying to tolerate no meaning or to tolerate life not seeming to be worth the trouble or to tolerate the sense, as I did at an early age, that "Life isn't for me and it's gonna streteh on a long time and I might be doing myself and everybody a big favor by ending it right now." Sometimes the most valuable thing you can offer is not an answer but your presence, your being there to share the feeling of loneliness, your being there while someone goes on breathing in and out, whether it matters or not. Usually, given enough time, there'll be something that'll elick, that'll help that person get out of that frame of mind and move on to something else sinee that frame of mind never lasts. Maybe it'll be something quite simple: being needed by someone or finding some small pleasure that'll help that person feel he ean go on.

Having shared in these moments of loneliness, I eome to a sort of eonelusion that the answer, if there is one, is tied up with human eompassion. That's it. We are here to be there for someone else.

Sally Casper,
suicide prevention volunteer,
is a child abuse counselor.

Abraham Menashe
UNTITLED

From the pages of the Little, Brown book **The Meaning of Life** by David Friend and the editors of LIFE

Alen MacWeeney

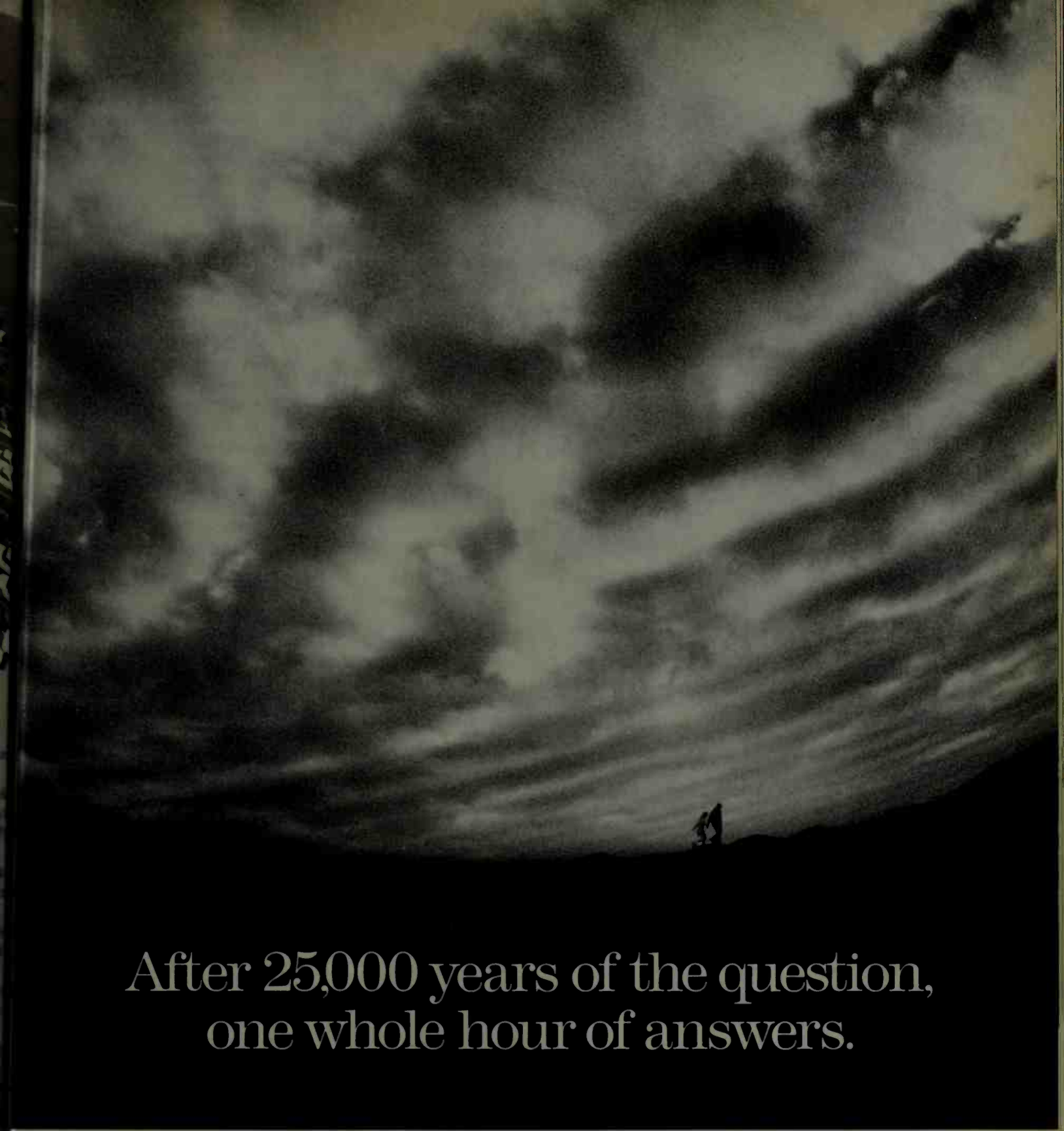
SORORITY SUNBATHERS, OLE MISS

You're walking through the fores
There're trees falling down, animal
carcasses. Then there's this rusty Coke
can. You can barely notice it. Now, is th
Coke can nature—or culture? Part of th
underlying "why" for our being here
comes down to figuring out: What's the
deal with this can in the woods? Mankin
has some kind of perverse cultural
addiction to negating natural processes
with our own creations—buildings and
computers and bombs. But we've
forgotten why we began building them ir
the first place. We're like the character
Arnold Schwarzenegger played in the
movie *The Terminator:* a really efficient
machine whose motives got lost
somewhere. Our purpose is to get back t
the reasons behind our creating—the
middle ground where the medium and th
message are one—back to the human
values, the responsibilities to our fellow
beings, that first prompted us,
passionately, to build these replacement
mechanisms. Once we do that we'll have
chance to save the planet so other cats ca
grow up and dig the forest.

Robert Longo,

post-modern art pioneer,
comments on the urban wasteland in
mixed-media artworks and videos.

From the pages of the Little, Brown book **The Meaning of Life** by David Friend and the editors of LIFE



After 25,000 years of the question, one whole hour of answers.

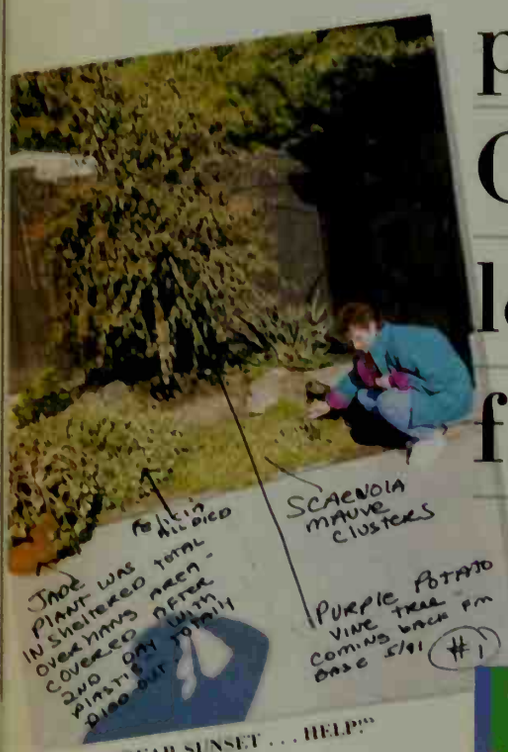
What is the meaning of life? It's probably the most profound question ever asked. Even if you've never wondered yourself, we did. See what happens when this question is put to hundreds of people from all walks of life. Scientists, statesmen, philosophers, photographers, athletes, and artists. It's a fascinating exploration of human feelings. Some are inspiring. Some are shocking. Just like life itself. The question will be around forever, but the answers to it are coming soon. Mazda presents *The Meaning of Life.* Only on CBS.

MAZDA presents The Meaning of Life

A LIFE MAGAZINE TV SPECIAL 10 PM, FRIDAY, DECEMBER 27 ON CBS

Based on the book *The Meaning Of Life*, created by David Friend and the editors of LIFE © 1991 Mazda Motor of America, Inc.

Mother Nature plays rough: Our readers learn about freeze damage



"DEAR SUNSET . . . HELP!" *In March, Jane Rotermund surveys damage to her Walnut Creek, California, garden.*

THIS HAS BEEN A discouraging year for gardeners," laments Mary Ann Crandall of Santa Rosa, California. "I didn't think Mother Nature could play so rough."

After last December's record cold temperatures damaged or killed many garden plants—already stressed by four years of drought in California—we asked *Sunset* readers to tell us about the damage in their own gardens. More than a hundred replied. They, along with nurserymen and horticulturists, helped us prepare this report.

What did we learn after the Big Freeze about the hardiness of popular new drought-tolerant plants? Which ones are now proven survivors in drought *and* freezing weather? And which freeze-damaged plants should you replace? Here are some answers.

HOW HARDY ARE NEW DROUGHT-TOLERANT PLANTS?

Many plants widely grown just within the last decade or so were among the casualties of the freeze. Here are the six most reported by our readers. Keep in mind that factors other than temperature—such as the age and health of the plant and whether it gets watered before a freeze—can also affect how well it survives. Also, reported temperatures can differ from the *actual* air temperature around the plant depending on the thermometer's accuracy and its proximity to the plant.

Blue hibiscus (*Alyogyne huegelii*). With few exceptions, it didn't survive prolonged exposure to subfreezing temperatures. It died at 28° and 20° in the San Francisco Bay Area, and lost all foliage at 26° in San Juan Capistrano (where it finally put out weak new growth by June). A few plants managed to pull through unscathed, under trees in Thousand Oaks and near an east-facing wall in Downey (both, low 20s).

Kangaroo paw (*Anigozanthos*). Hybrids in pots or gallon cans were killed outright. Given shelter (under trees, or under eaves against south-facing walls), established plants in the ground survived at 22° to 26°.

Anisodontea. This one was killed at 8° in Sebastopol, and at 12° in pots in Auburn. But in Ojai (low of 12°), of five established plants that died back, two had new growth by April and bloomed by July. And in San Bernardino, plants survived nine days below freezing (low of 22° for two nights); foliage wilted, but plants rebounded quickly. Generally, temperatures in the mid-20s didn't bother them.

WHICH PLANTS TO REPLACE IN YOUR GARDEN

How do you decide which freeze-damaged trees and shrubs need replacing? As a general rule, "you make the same judgment on a plant that an auto repair mechanic makes on a car that's been body damaged," says Santa Barbara nurseryman Ray Sodomka. "If you've determined that the plant's shape has been thoroughly compromised, consider it totaled."

Plants to replace include:

- ***Grafted plants*** killed to the ground that have new growth emerging from the understock.
- ***Standards*** killed to the ground. Plants trained as small trees may grow back as bushes. If you want instant standards, replace them now with new ones.
- ***Trees*** with lowered or misshapen canopies. If a tree is rare, or can be easily restored by pruning next year to an attractive shape with structurally sound limbs, keep it. But if the basic limb structure is damaged, if you can no longer walk under it, or if its shape is so lopsided it can't be saved by pruning, replace it.

DARROW M. WATT

NEW GROWTH *at base indicates this Solanum rantonnetii standard will grow back as a bush.*

Pay special attention to large trees such as eucalyptus whose trunks and limbs are cloaked with new growth. This growth can be weakly attached and become a hazard as it attains size and weight; it can also camouflage cracks or weak branches. Late next spring or summer, thin this new growth and prune to control remaining growth. Or call an arborist for assistance.

Myoporum parvifolium. Prolonged periods of subfreezing temperatures turned this ground cover to straw (although at two locations in coastal Southern California, it survived without damage at 26°). Many plants, given up for dead, eventually put out new growth. Writes Maureen Green of Santa Rosa (low of 17°), "While mournfully cutting back blackened branches, I found to my surprise tiny buds of green on the crowns. I cut out the dead branches and covered the plants with redwood mulch; those buds became shoots. In all, I lost only 4 plants of 40."

Nerium oleander 'Petite Pink' and 'Petite Salmon'. Temperatures below freezing killed even established plants to the ground throughout California. In Vista (low of 26°), a few plants put out weak new shoots from their bases in spring; their owners chose to replace them with "something hardier."

Scaevola 'Mauve Clusters'. Temperatures in the 20s and high teens severely damaged this purple-flowering ground cover in most areas but didn't kill it. In Davis (low of 18°), it "looked as though struck by lightning—all blackish and shriveled." But green shoots appeared under dead growth by midspring.

OLD FAVORITES: THE TOUGHEST SURVIVORS

Below we list 25 drought-tolerant plants with interesting blooms or foliage (mostly evergreen in mild climates) unfazed by temperatures that lingered for days in the teens.

"The champions are our many native plants," writes Margaret Flesher of Modesto. Woolly blue curls, for example, not only kept its green leaves in temperatures as low as 19°; but also bloomed heavily three months later. ■

25 TOUGH SURVIVORS OF DROUGHT AND FREEZE

Shrubs

Bush anemone (*Carpenteria Californica*)
Ceanothus
Rockrose (*Cistus*)
Fremontodendron californicum
Nandina
Lemonade berry (*Rhus integrifolia*)
Evergreen currant (*Ribes viburnifolium*)
Salvia greggii

Flowering perennials

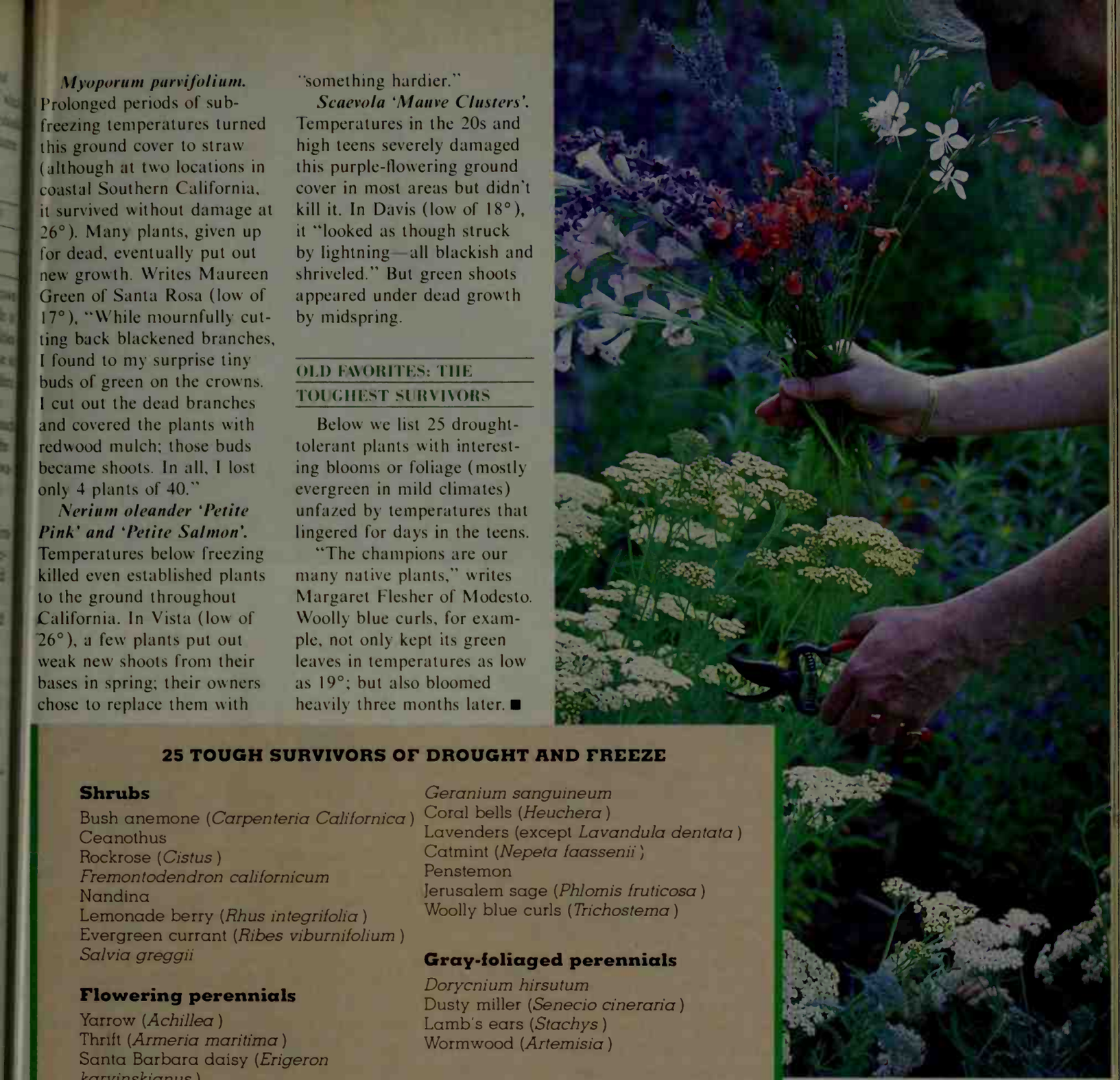
Yarrow (*Achillea*)
Thrift (*Armeria maritima*)
Santa Barbara daisy (*Erigeron karvinskianus*)
Erysimum linifolium (*Cheiranthus 'Bowles Mauve'*)
Gaura lindheimeri
Geranium sanguineum
Coral bells (*Heuchera*)
Lavenders (except *Lavandula dentata*)
Catmint (*Nepeta faassenii*)
Penstemon
Jerusalem sage (*Phlomis fruticosa*)
Woolly blue curls (*Trichostema*)

Gray-foliaged perennials

Dorycnium hirsutum
Dusty miller (*Senecio cineraria*)
Lamb's ears (*Stachys*)
Wormwood (*Artemisia*)

Ground cover

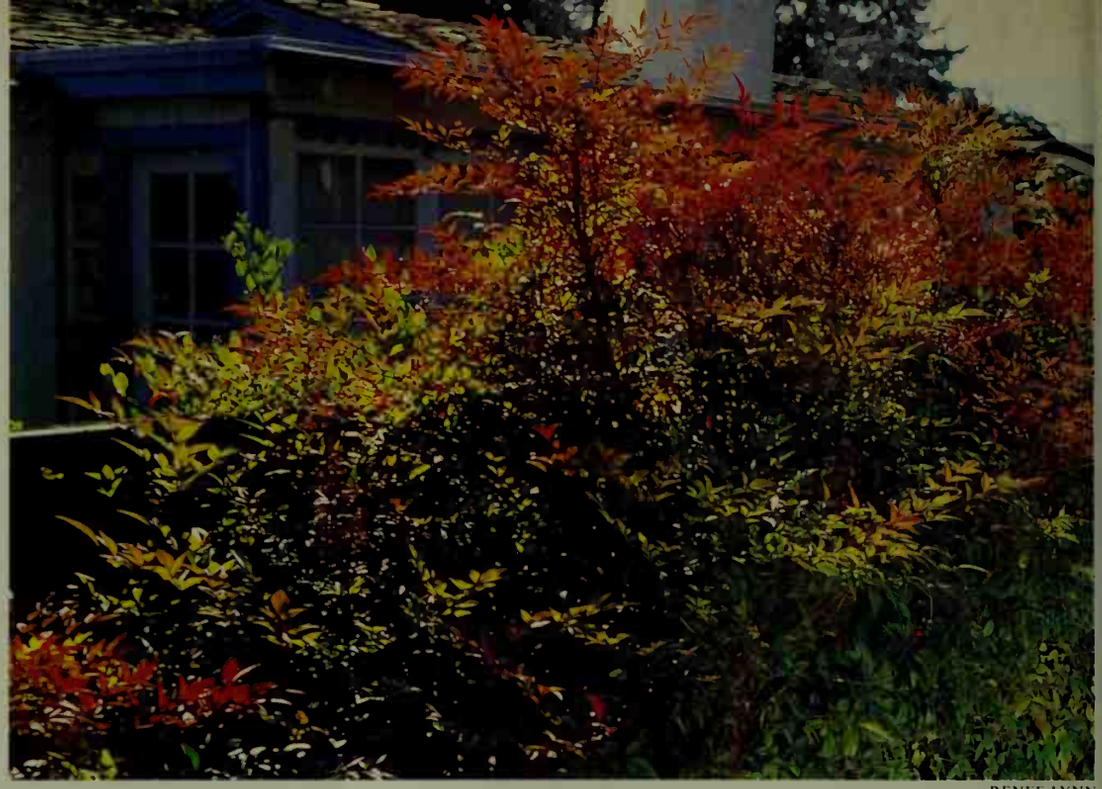
Snow-in-summer (*Cerastium tomentosum*)



UNTHIRSTY *freeze survivors are (in bouquet): penstemon, woolly blue curls, orange Salvia greggii, lavender, gaura. She cuts yarrow.*

Nandina is a do-it-all

For sun or shade, with or without water. It's good in bouquets. It even provides fall color



RENEE LYNN

WINTER FIRE *colors top of nandina hedge that separates a front garden from the sidewalk.*

IN TERMS OF STAMINA and garden usefulness, nandina simply excels. It's quite drought tolerant (many do well on rainfall alone), is relatively hardy, grows in sun or shade, and makes a fine filler in bouquets. This month, it shows off another attribute: it begins to blush with redness in upper leaves or (depending on variety) all over.

Winter leaf color and plant height (1 to 6 feet) are two variables you can use to select from among the 15 or so varieties on the market. Expect dramatic winter color from these five: 'Gulf Stream', 3 feet high; 'Harbour Dwarf', 2 feet; 'Moyers Red', 5 feet; 'Nana', 1 foot; and 'Umpqua Warrior', 4 feet.

November is the ideal time to plant. The shrubs are sold in 1-gallon cans (costing $4 to $8) and 5-gallon cans ($14 to $28).

Nandinas do well in sun or shade. They color best in sun but need some shade in hot-summer climates.

WINTERTIME FEATURES *are colored leaves (different varieties take on different red and yellow hues), and red berries (produced mostly in warm, sunny locations).*

CHECK THESE STRENGTHS

It's almost as though this native of Asia were engineered to face some of Western America's toughest garden challenges. Last winter's big freeze showed nandina to be quite hardy. Temperatures must drop below 5° to 10° to kill it, and even then plants sometimes recover.

Nandinas are generally deerproof (a deer has to be very hungry to munch one). Plants resist oak root fungus, and insects and mites leave them alone.

In the residential landscape, nandinas can serve at least five purposes: they can form a hedge or screen; they can give light, airy, vertical effects; they work in narrow, restricted areas; they look handsome and grow well in tubs or as bonsai; and they're dramatic with night lighting.

WHAT ABOUT PRUNING ?

If at shopping time you manage to match the height of your nandina variety to the job that you want it to do, you may be able to let the planting go for decades with little or no pruning. But if the variety and its landscape assignment were mismatched and some of the stems continually get too high (underneath a window, for instance), cut those ones every year or two.

When you prune, remove all dead, fatigued, or overgrown canes by cutting right at the ground. Nandinas do not make new growth below mid-stem cuts as a privet or pittosporum would.

Want an example of a stem to remove? Look at the foliage puff standing above the others in the hedge shown above. The hedge would be neater if the puff's overly tall stem were cut out. Best time to prune is in spring, after new growth has formed. ■

Some Resourceful Thinking

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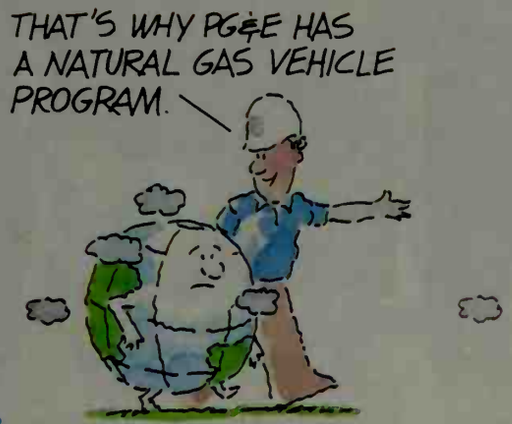

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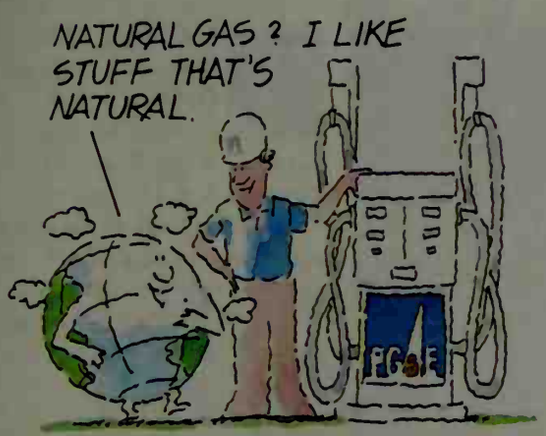

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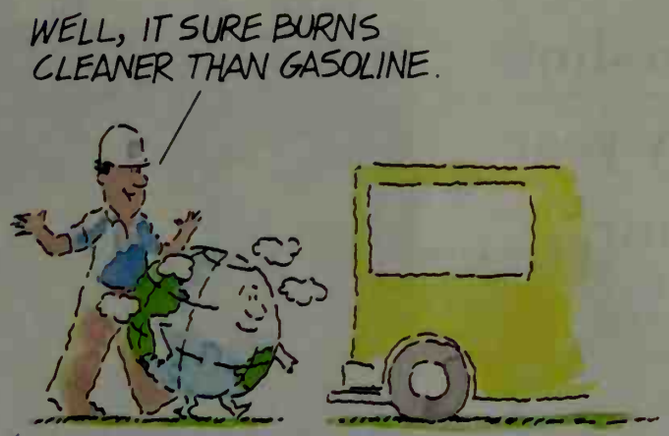

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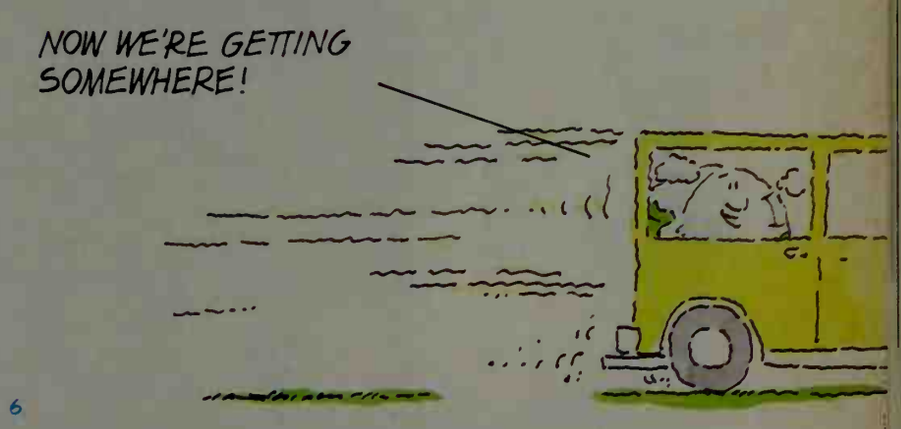

6

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SMARTER ENERGY FOR A BETTER WORLD

DOUG WILSON

IN FALL, *cut plants back to 6 to 9 inches. Dig up, pot them; label and water. Keep in protected spot during winter.*

IN WINTER, *take cuttings. When roots are well formed (check in 12 days), transfer to cups with drainage holes.*

LABEL EACH PLANT *with a plastic stake to prevent mix-ups. Sheltered greenhouse encourages vigorous growth.*

IN SPRING, *move plants outdoors to a protected area to condition them. Water when top inch of soil dries.*

Mum show every year in your garden

You start by taking cuttings just after plants bloom. Here's how

PACKED WITH BLOOMING MUMS *July to November, small garden yields plenty for cutting and for starting next year's plants. Flower forms range from pompons to carnation look-alikes.*

YEAR AFTER YEAR, from July through October, 1,200 chrysanthemums bloom in Ruby Glasser's small garden. Her secrets? Timing and continuous attention. Starting this month, you can follow her system for a big show next year. Even gift and grocery store plants work well for cuttings.

Follow steps in pictures above. Take cuttings in January or February, when new growth is 3 to 5 inches long; cut below a leaf node and remove several leaves from the bottom of the stem. Dip cut end in rooting hormone, then insert it into a flat of soil. (Mrs. Glasser uses equal parts coarse sand, fine peat, and seed-starting soil.)

In late April or May, when plants are conditioned, transplant them to a sunny area with well-amended, fast-draining soil. Place wooden stakes 16 inches apart, and dig planting holes close to each stake and on opposite sides. Mix 1 teaspoon of 5-10-10 dry fertilizer into each hole. Set in plants, water, and then tie plants to stakes.

Pinch top ½ inch off plants at planting time; through summer, pinch the top pair of leaves of every shoot that reaches 5 inches in length. Mulch to protect roots and keep them from drying out. ■

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NORTHERN CALIFORNIA

AUBURN
NOVEMBER 18

Holiday flower show and tea by Auburn Arrangers Guild. Place: First Congregational Church, 710 Auburn Ravine Rd. Hours: 1 to 4. Donation: $5.

BERKELEY
NOVEMBER 2

Plant clinic; bring sick plants or cuttings for diagnosis and advice from plant pathologist Dr. Bob Raabe and entomology expert Rachael Freeman. Place: meeting room of UC Botanical Garden, Centennial Dr. Hours: 9 to 11 A.M. Free.

CHICO
NOVEMBER 9 AND 10

Holiday flower show by Chico Horticulture Society. Place: C.A.R.D. Community Center, 545 Vallombrosa Ave. Hours: 1 to 5 Saturday, noon to 5 Sunday. Free.

GLENN CHRISTIANSEN

JAPANESE MAPLE'S FALL GLORY

Aglow in the colors of autumn, Japanese maples are at their peak intensity this month. The one shown here is a 15-year-old laceleaf (Acer palmatum 'Dissectum'). Finely divided leaves on drooping branches start out pale green, then turn to orange-gold with the onset of cool weather in fall. Since some maple trees color up better than others, it's best to shop for them now so you can be sure of getting one with good tones.

OAKLAND
NOVEMBER 3

Fuchsia lore show and plant sale by Southlanders Branch of American Fuchsia Society. Place: Lakeside Park Garden Center, 666 Bellevue Ave. Hours: 11:30 to 4. Free.

Palo Alto
November 7

Class on quick and easy garden maintenance. Place: Gamble Garden Center, 1431 Waverley St. Hours: 1:30 to 3:30. Fee: $20. Preregistration is required; call (415) 947-1678 between 9 and 1 weekdays.

November 9 and 16

Classes sponsored by Ecology Action/Mid Peninsula include garden planning (November 9) and rock dusts for healthy soil (November 16). Place: Common Ground Organic Garden Supply, 2225 El Camino Real. For information, call 328-6752.

November 14

Flower arranging program by Barbara Gillum, plant sale, and tea, presented by The Florets. Place: St. Mark's Episcopal Church, 600 Colorado Ave. Admission: $10. Hours: 1 to 3:30.

San Francisco

November activities in Strybing Arboretum and Botanical Gardens, Golden Gate Park, Ninth Ave. and Lincoln Way. November 5: guided walk through the New World Cloud Forest plant display. November 7: lecture on ethnobotany in the New World. November 9: lecture on fall vegetable gardening. For details, call (415) 661-0668.

San Mateo
November 8 and 9

Harvest Boutique. Place: San Mateo Garden Center, 605 Parkside Way. Hours: 10 to 3. Plant sale, scarecrow contest, educational demonstrations. To make reservations for fashion show and box lunch ($10) on November 8, call (415) 574-1506.

Santa Cruz
November 16 and 17, December 7

Dried flower and succulent sales. Place: Horticulture Building, UC Santa Cruz Arboretum, High St. near Western Dr., between campus entrances. Hours: 10 to 3. Preview of floral arrangements on November 16 from 9 to 10 A.M.

Sunnyvale
November 2

Water-wise gardening lectures and plant clinic. Place: Sunnyvale Arboretum, 550 E. Remington Ave. Hours: lectures, 9 to 11; clinic, 11 to noon. Free.

Walnut Creek
November 1 and 13

Classes at Heather Farm Garden Center, 1540 Marchbanks Dr., include holiday flower arrangements (November 1) and orchids (November 13). For details, call (510) 947-1678 between 9 and 1 weekdays.

November 19

Fund-raiser fashion show, luncheon, and plant raffle by Diablo Foothills District of California Garden Clubs, Inc. Place: Heather Farm Garden Center, 1540 Marchbanks Dr. Hours: 11:30 to 2:30. Tickets: $15. Reservations are required; call 685-7639.

■ COLORADO

Denver

November activities at Denver Botanical Gardens, 1005 York St., include show and sale of antique botanical illustrations, the annual Carl Tempel wildflower lecture, and a holiday sale in the Gift Shop. For information, call (303) 331-4000. ■

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e. Available with all-wheel drive. Call 1-800-447-4700. For the fun of it.

MITSUBISHI
The word is getting around.

The return of the p

Seals, sea lions, and walruses are back. It's a success sto

FOR CONSERVATIONISTS, the West Coast's pinniped recovery is one of the biggest—and least talked about—success stories of the past 20 years. For fishermen and harbor masters, it's a mixed blessing."

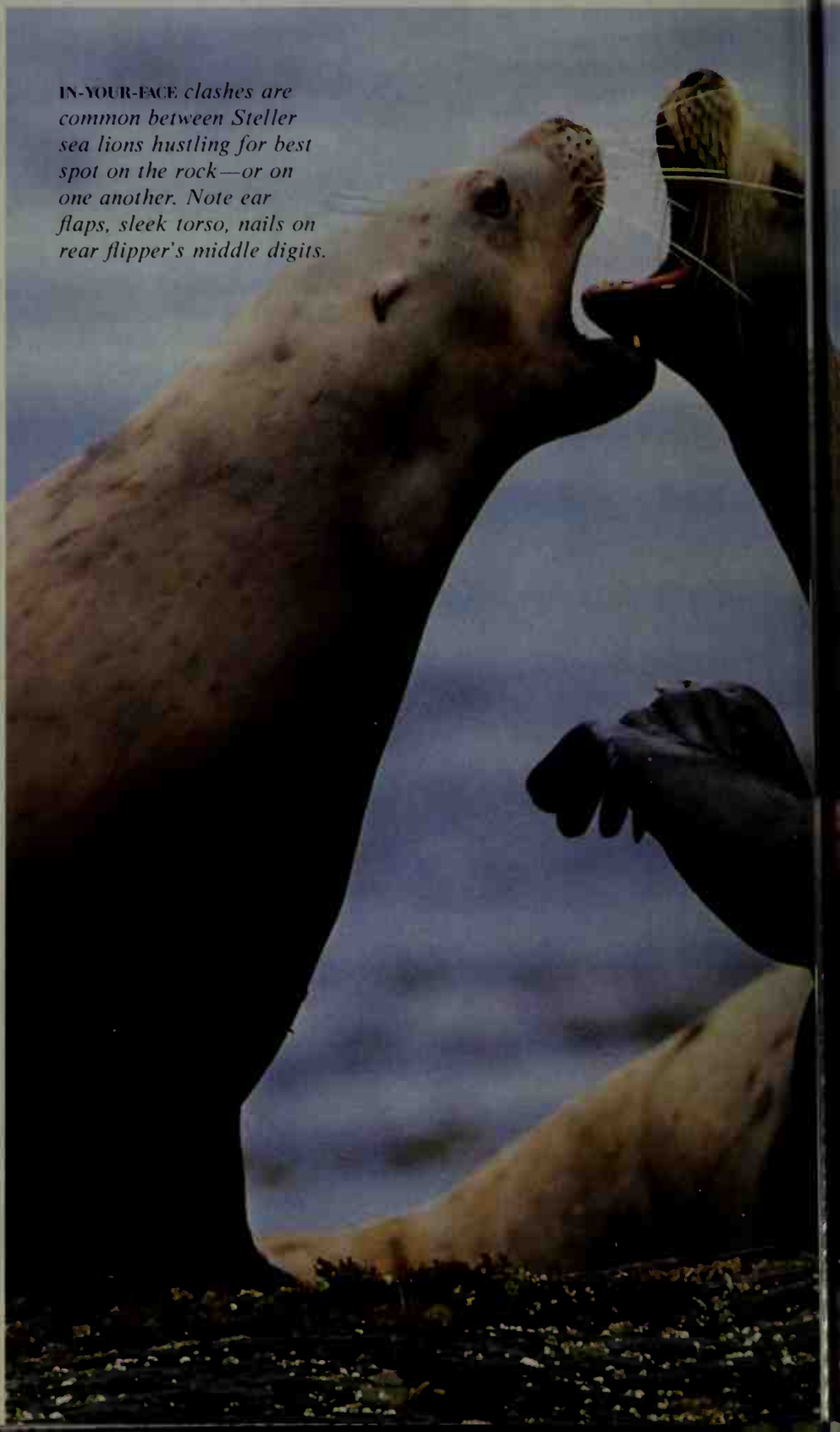
That's how Dr. Steven Webster of the Monterey Bay Aquarium sums up the West Coast's pinniped recovery. While much has been made of the heartening recovery of some whale species, an equally astonishing comeback can be seen in some of the whale's furry marine mammal cousins—seals, sea lions, and walruses.

Nearly 20 years after passage of the Marine Mammal Protection Act, we're seeing pinnipeds in record populations and unusual situations—elephant seals blanketing rookeries from the Farallons to the Channel Islands in numbers our great-grandparents couldn't have seen. At San Francisco's Pier 39, 400 California sea lions are taking over boat docks and becoming a tourist attraction. In Carpinteria, California, in sight of housing tracts, shy harbor seals are claiming a state park beach (volunteers protect them from harassment).

Conversely, some fishermen say pinniped populations are out of control, and they often watch sea lions devour fish out of nets or pick off migrating steelhead at fish ladders.

While populations of some pinnipeds are thriving, scientists are racing to study and save other species, and making surprising and disturbing finds along the way. What they've learned: elephant seals can dive deeper than most submarines; sea lions may have a kind of vocal communication; ocean pollution is suspected in new, mysterious diseases showing up in a few seals.

Some of the world's best viewing

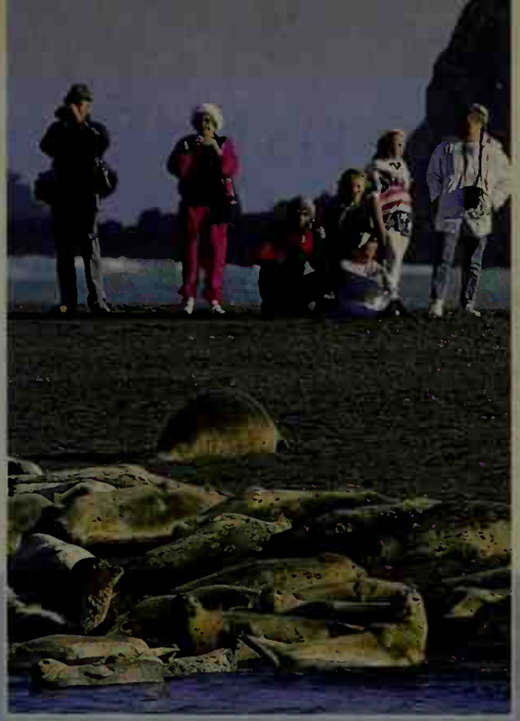


IN-YOUR-FACE *clashes are common between Steller sea lions hustling for best spot on the rock—or on one another. Note ear flaps, sleek torso, nails on rear flipper's middle digits.*

pinnipeds

story, and a mixed blessing

KENNAN WARD



NORMAN A. PLATE

LOLLING HARBOR SEALS *at Sonoma Coast State Beach look a bit like logs. So as not to disturb them, visitors stay 100 yards away.*

Meet the West's pinnipeds . . . from Baja to Alaska, up to

PACIFIC WALRUS
Muzzle sports up to 400 bristles, 40-inch tusks; males to 12 feet long and 3,500 pounds. Its bellows can be heard a mile away. Gathers in herds up to 2,000. Feeds in early morning; young often ride on mother's back. Threat: illegal hunting. Population: 250,000; abundant and stable. Best viewing: May – August.

STELLER (NORTHERN) SEA LION
Bulls have a leonine mane and roar (California sea lions bark), reach 10 feet and 2,200 pounds. Recent declines (some Bering Sea rookeries down 90 percent since the '60s) alarm and puzzle scientists. Population: 50,000 to 70,000; declining and threatened. Best viewing: September – May.

CALIFORNIA SEA LION
Males reach 8 feet long, 850 pounds, have prominent forehead crest. Playful and smart, they're the "trained seals" in the circus. Look for them on rocky shores, bays, river mouths — even surfing in the waves. Sea lions and fur seals can "walk" on flexible hind flippers. Population: 145,000; increasing. Best viewing: September – May.

NORTHERN ELEPHANT SEAL
Adult males have large drooping snout, reach 21 feet long, 5,000 pounds (females to 2,000 pounds). The largest of pinnipeds shown here, it can also dive the deepest — to 4,100 feet (deeper than most submarines). Found on a few secluded Mainland beaches and on offshore islands. In winter, bulls stage bloody, bellowing battles for harems. Population: 100,000; abundant and increasing (from about 200 in 1910). Best viewing: November – March.

ILLUSTRATIONS: LUCY I. SARGEANT

5,000 pounds

NORTHERN FUR SEAL
Males to 7 feet, 650 pounds. Spends its life at sea save for brief breeding periods on islands such as Alaska's Pribilofs; some winter as far south as Southern California. Population: 875,000; threatened but stable. Best viewing: June – August.

PACIFIC HARBOR SEAL
Males reach 4 to 7 feet long, 300 pounds. Color and pattern vary. Hauls out on sandbars and rocks, at river mouths. Very curious (often follows beach walkers from just offshore). Silent except for mating displays when they may snuffle, slap the water, and perform surface acrobatics. On land, they bounce and wriggle like inchworms. Population: 50,000 (no figures for Alaska); stable, but declining in Alaska. Best viewing: March – August.

HAWAIIAN MONK SEAL
Males to 7 feet, 300 pounds. Found in remote Hawaiian Islands. Population: 1,500; endangered and may be nearing extinction. Rarely seen.

GUADALUPE FUR SEAL
Males to 6 feet, 350 pounds. Channel Islands to Baja. Population: 2,500; threatened but increasing (making a surprising comeback from only 7 known in 1892). Best viewing: June – August (but rarely seen even then).

1 Pribilof Islands
See 14 rookeries with thousands of fur seals, Steller sea lions. TDX Corp. and Reeve Aleutian Airways, (800) 544-2248; from $735.

2 Walrus Island State Game Sanctuary
See 12,000 walrus on backpack trip. MarkAir, (907) 243-1414; $1,210.

3 Unalaska
Hundreds of thousands of fur seals, major seabird colonies. Aleutian Experience Tours, (907) 522-1323; from $997.

4 Vancouver Island
Pacific Rim National Park has huge sea lion and harbor seal haul-outs; for details, call (604) 726-4212. See more on cruises to San Juan and Gulf islands with Oceanic Society Expeditions, (415) 441-1106.

5 Seattle
In Elliott Bay, check offshore from Alki Beach Park. Join Seattle Aquarium kayak tours ($50) to see sea lions; (206) 386-4329. In spring, watch Herschel and other sea lions devour steelhead at Chittenden Locks Park.

6 Cape Arago State Park
Overlooking Simpson Reef, 14 miles southwest of Coos Bay, spectacular ledges have harbor seals, Steller sea lions, elephant seals.

7 Año Nuevo State Reserve
Join 2-hour, 3-mile guided walks ($2, $5 parking; 9 to 2:30 daily December to March) to see 2,700 elephant seals, battling bulls. To reserve, call Mistix, (800) 444-7275; for bus tours, call Samtrans, (415) 508-6441.

8 Monterey Bay
Watch haul-out at Breakwater Cove Marina, or take boat tours from Monterey Wharf. Off 17-Mile Drive, view Seal Rock. South of Carmel, visit Point Lobos State Reserve (9 to 5; $5).

9 Channel Islands National Park
From Ventura, a few winter boat trips visit San Miguel's elephant seals (but it's a 9-mile hike to Point Bennett site), in summer, 15 trips view thousands of California, Guadalupe (rare), Steller, and northern fur seals. For park details, call (805) 644-8262; for trips, call 642-1393.

10 Coronado Islands
Spring boat trips ($30 to $50) to these rocky islands view harbor seals, California sea lions, seabird colonies. American Cetacean Society, (619) 482-1518; San Diego Natural History Museum, 232-3821, ext. 203; Pacific Queen, (619) 221-8500.

Population estimates are for range shown on map.

Where and how to observe pinnipeds in the wild and

opportunities are on the West Coast. Five species are common year-round; in winter all but the walrus spend time ashore where you can see them (three more, northern fur, Guadalupe, and monk seals, are rarely seen on land). On pages 108 and 109, we list characteristics and top viewing areas.

Watching pinnipeds is more fun when you know some key behaviors. We tell what scientists have learned, where to go, how to join the rescue effort. They're federally protected—illegal to hunt or harass; don't approach closer than 100 yards.

From the brink of extinction

Of the eight species shown, three have seen dramatic turnarounds.

FRANK R. BALTHIS

TWO ELEPHANT SEAL WEANERS *rest at Año Nuevo. Noses grow with age.*

The Guadalupe fur seal is returning from near extinction—only 14 remained in 1954. In the late 1970s, when large numbers of northern elephant seals came bellowing back to the California mainland at Año Nuevo in San Mateo County, those seals drew major crowds and eventually got their own preserve. Their populations have nearly doubled in each of the last five years, and now the seals are being sighted at a new mainland rookery. The third species, the California sea lion, is the most visible of the big five and the most vocal; in Monterey, guests at some bayside hotels complain about the barking from a nearby colony.

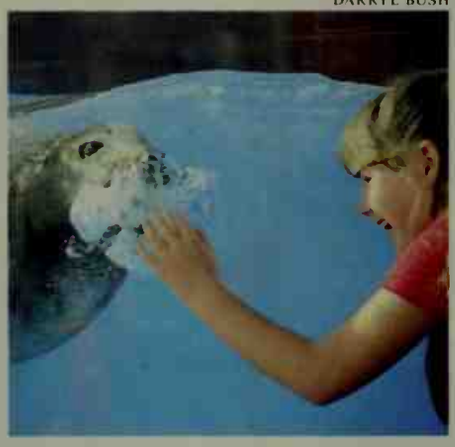
The future of two species remains clouded. Although its numbers are higher now, the Guadalupe fur seal is still at risk; a major oil spill could seriously threaten its existence. The Hawaiian monk seal, estimated to number around 1,500, may be coming close to extinction.

What to watch for

Take time to watch them closely and you'll be charmed by their playful behavior and pleading, dog-like eyes. A good pair of binoculars and a field guide help. Check tide tables: in general, animals will be out feeding during the highest tides (when their haulout sites are submerged) and resting between tides and between diving periods. Watch for individual traits and you'll capture better photographs.

First, the basics. How can you tell

DARRYL BUSH



HARBOR SEAL *at Marine World blows bubbles out its nose before dives.*

a harbor seal from a sea lion when you see just a head above water? Check first for external ears (sea lions have tiny ear flaps; seals don't). "Seals sink, sea lions dive" often holds true as they head back underwater. Except for harbor and monk seals, males are a third larger than females. Drawings on pages 108 and 109 highlight more features.

Next, check the flippers. These animals are called pinniped from the Latin word meaning "feather footed" because of their fan-shaped flippers, which they use mainly to propel themselves through the water at up to 35 mph. Elephant seals use their front flippers to throw cooling sand over themselves when the day heats up. Harbor seals use the long claws on their flexible foreflippers to groom.

Watch how they move. When sea lions are in the water, you may see groups of them "rafting"—holding their flippers straight up in the air. It's a way of cooling off or warming up, letting air or sun reach the network of tiny veins in the flippers and warm or cool the blood. Unlike humans, they can't sweat, yet this way they're able to maintain a body core temperature close to ours under their furry skin and layer of fat.

In the water, pinnipeds are agile swimmers, but slower than whales or porpoises. They can also doze off at sea; elephant seals have been recorded at tremendous depths in a kind of torpor. You'll often see harbor seals "bottling"—asleep bolt upright in the water with just their noses poking above the surface.

Watch how they act. Pinnipeds are sociable animals that hang out in groups. All but the harbor seal set up harems or territory, with the fiercest males building the largest. Some perform elaborate courtship displays, which you may see at this time of year. Harbor seals flip and slap the water with their fins. Elephant seals bellow, chase, and attack rival males in beach battles that sometimes leave their thick chest shields bloodied. Battles may end in serious injury.

Progress, troubled waters

Dr. Burney LeBoeuf of UC Santa Cruz, who has studied elephant seals since 1968, says, "We're making great progress scientifically. The real breakthrough technologically was with the microcomputers you could actually attach to the animals—we've learned elephant seals are the depth record holders, diving to 1,500 meters (probably deeper than sperm whales), and at sea spend 90 percent of their time underwater—more than most whales."

And what's ahead? He says, "We're going to see lots of new developments with studies in genetics and molecular biology. From the studies, we may understand how small the population can shrink before it loses the genetic diversity needed to main-

aptivity

tain adaptability and to survive."

In 1988, Europe lost thousands of seals as a distemper virus swept the seas; some scientists claimed ocean pollution had suppressed the seals' immune systems.

Can it happen here? Peigin Barrett, director of The Marine Mammal Center in Marin County, California, says, "We're already seeing some very rare autoimmune diseases. Immune suppression may be tied to the effects of pollutants and toxins."

In Alaska, Steller sea lion populations are crashing, and it was just added to the federal threatened species list. According to John Twiss, executive director of the U.S. Marine Mammal Commission, "It may be due to a whole range of problems from climatic changes to an enormous pollock fishery—we just don't know."

Fisheries conflicts are on the rise.

FRANS LANTING

DUKING IT OUT *on Año Nuevo beach, elephant seals vie for biggest harem, best spot; loser will slink off to nearby island.*

Sea lions take significant amounts of netted or hooked salmon and damage fishing gear. In addition, thousands of marine mammals die in deep-sea drift nets, which stretch for miles.

Hope is also on the horizon. When the Marine Mammal Protection Act was reauthorized in 1988, amendments added a five-year study of the marine mammal–fishery conflicts (which is now in progress), studies of injured animal recovery programs for domestic fishing fleets, and a fishing industry education program.

Volunteers to the rescue . . .

• Carpinteria Harbor Seal Protection Committee, begun last year at Carpinteria State Beach, California. February through April, docents monitor pupping, give talks. To volunteer, call Al Clark at (805) 684-2246.
• Friends of the Sea Lion, 20612 Laguna Canyon Road, Laguna Beach, California; (714) 494-3050. Volunteers do feeding, clean the pens, give medication, staff gift shop. Open 10 to 7 daily (free).
• The Marine Mammal Center, Golden Gate National Recreation Area, Sausalito, California; (415) 289-7325. Award-winning center opened in 1975 does research, nurses animals to health (300 last year). Observe "patients" (free), take a field trip, or join ($18). Open 10 to 4 daily.
• Seal Watch/Monterey, California; (408) 373-6430. From 8 to 8 daily April through mid-May, docents monitor harbor seal rookery at Cypress Point.
• Seal Watch/Stewards of Slavianka, Sonoma Coast State Beach, California. On weekends, docents answer questions near a harbor seal rookery of up to 400 during March-through-June pupping season (some seals stay all year). To join or to volunteer, call (707) 869-9177.

If you think you see an abandoned pup, wait—mothers leave them for long periods while they hunt. Don't approach any stranded animal; call authorities: (707) 465-6265 or (415) 289-7325 in northern California; (714) 494-3050 in Orange County; (619) 222-6363 or (800) 541-7325 in San Diego County. In Oregon, call the state police; in Washington, call the state patrol.

NORMAN A. PLATE

Some helpful books. *Marine Mammals of California* ($9.75), by Orr and Helm; *Pinnipeds* ($16.95), by Riedman; *The Year of the Seal* ($14.95), by Scheffer.

Also check *A Guide to Marine Mammals of Greater Puget Sound* ($14.95), by Osborne, Calambokidis, Dorsey; *Oregon Wildlife Viewing Guide* ($5.50), Falcon Press (800/582-2665); *California Coastal Access Guide* ($15.95).

Where to see them

Our map on page 109 shows top viewing spots. Here are others. The last three are park and zoo programs.

Northern California. In San Francisco, visit Seal Rocks at the Cliff House (national park naturalists are on hand) and Pier 39 (free seal talks noon to 4 weekends). June through November, Oceanic Society Expeditions boat trips ($58) view elephant seals, sea lions, fur seals on the Farallon Islands; (415) 474-3385. At Point Reyes National Seashore, elephant seals are establishing a second mainland rookery below Sea Lion Overlook. Sonoma Coast State Beach at Goat Rock has harbor seal haul-out.

Southern California. Try Montana de Oro State Park near San Luis Obispo; Point Sal State Beach near Santa Maria; offshore harbor seal haul-out at Gaviota State Park; major rookery by Carpinteria State Beach.

Oregon. At private Sea Lion Caves, 12 miles north of Florence, see up to 200 California and Steller sea lions. Open 9 to dusk daily; $5, $3 ages 6 through 17. Also try Yaquina Head Lighthouse BLM Natural Area.

Washington. In Olympic National Park, you may find harbor seals, and Steller and California sea lions near Beach 4, Rialto Beach, Sand Point.

Marine World Africa USA, State 37 (Marine World Parkway) at I-80, Vallejo; (707) 644-4000. November 1 through March 29, hear free "trainer talks," watch training sessions with sea lions or seal feeding. Winter hours are 9:30 to 5 Wednesdays through Sundays (daily December 18 through January 5; closed December 25); $19.95, $14.95 ages 4 through 12.

Sea World, 1720 S. Shores Road, San Diego; (619) 222-6363. Daily sea lion shows, behind-the scenes tour to view seal rehabilitation. Open 9 to 6 daily; $23, $17 ages 3 through 11.

Point Defiance Zoo, 5400 N. Pearl Street, Tacoma; (206) 591-5335. Two walruses rescued as pups and raised by volunteers swim past view windows. To volunteer for keeper-aid program, call 591-5337. Open 10 to 4 daily; $5.75, $4 ages 5 through 17. ■

Maui treasures

Brilliant tropical blooms to enjo

ALONG THE HANA HIGHWAY

Amid tropical blooms—many from his garden—Alii Chang shows leis and orchid sprays to young visitor. Hanging lobster claw heliconias and upright, unfurled torch gingers are at right.

there . . . or at home

LIKE BRILLIANT BIRDS, *lobster claw heliconias settle among banana-like leaves at Na Pua 'Ohana Farm.*

FEW FLOWERS CAN MATCH THE bizarre beauty and architectural shapes of exotics like the ones shown here. On Maui, conditions are ideal for growing gingers that look like strings of rosy-tipped pearls, golden beehives, or feathery plumes; heliconias that dangle like ropes of giant lobster claws or stretch out like jungle birds in flight; proteas that resemble pink velvet artichokes, fur-tipped Russian Easter eggs, or neon-colored pincushions.

On the Hana Coast, heliconias and gingers—native to the western Pacific, Asia, and Central and South America—thrive in warm sun and regular, drenching showers. And on Haleakala volcano, in and around the town of Kula (elevation 3,000 feet), warm, often cloudy days, cool nights, and well-drained soil nurture proteas.

In both areas, some flower farms (listed on page 114) welcome visitors to stroll among the plants; most sell fresh flowers to take with you or ship to the Mainland. (You can also order by mail.) From major resorts, Kula is about an hour by car, Hana 3 hours.

Proteas are available year-round, but September through February offers the greatest variety. Heliconias and gingers, also available all year, offer the widest choice in summer.

For cut flowers, prices range from about $30 for 9 to 12 stems to $100 and up for large gift boxes (including shipping). Some protea growers also sell made-to-order fresh wreaths (about $195); order by Thanksgiving

NORMAN A. PLATE

ON HALEAKALA'S COOL FLANKS, *softly colored protea blooms in velvety to bristly textures fill buckets at Hawaii Protea Corporation's gift shop in Kula.*

PETER CHRISTIANS

CLIP PROTEA STEMS *an inch or two from bottom when you get blooms home; put them in a bucket of room-temperature water for several hours before arranging.*

HALEAKALA BOUQUET

Large, pink king protea, black-fringed mink proteas, and spiky pincushion proteas fan out against protea and eucalyptus sprigs in the arrangement above by Kim Haworth. Stems are anchored in well-soaked florist's foam that fits snugly into hefty vase. Combine tall blooms with low, round ones; use one big blossom to dominate.

Care. Display out of sunlight and away from heaters; change water in vase every two to three days.

Vase life. Freshly picked blooms hold color for up to two weeks, then assume muted tones as they dry.

for delivery by Christmas. All flowers are certified insect- and disease-free.

Near Hana. *Alii Gardens.* Gingers and other tropicals grow on 55 acres in Nahiku. It's just past milepost 27 on Hana Highway. Open 8 to 5 weekdays. Free price list: SR 1, Box 2, Nahiku 96713; call (800) 358-8338.

Na Pua 'Ohana Farm. Gingers and heliconias grow in sprawling fields at this three-year-old farm. From Hana Highway just beyond milepost 31, turn left on Ulaino Road. Drive ½ mile; it's on the right. Open 8 to 5 weekdays. Free brochure: Box 495, Hana 96713.

Hana Tropicals. Grows more than 10,000 orchids in a 2-acre shade house, and heliconia, ginger, and other tropicals. On Hana Highway at Wakiu Road, near the high school. By appointment; call (800) 456-4262. Free brochure: Box 247, Hana 96713.

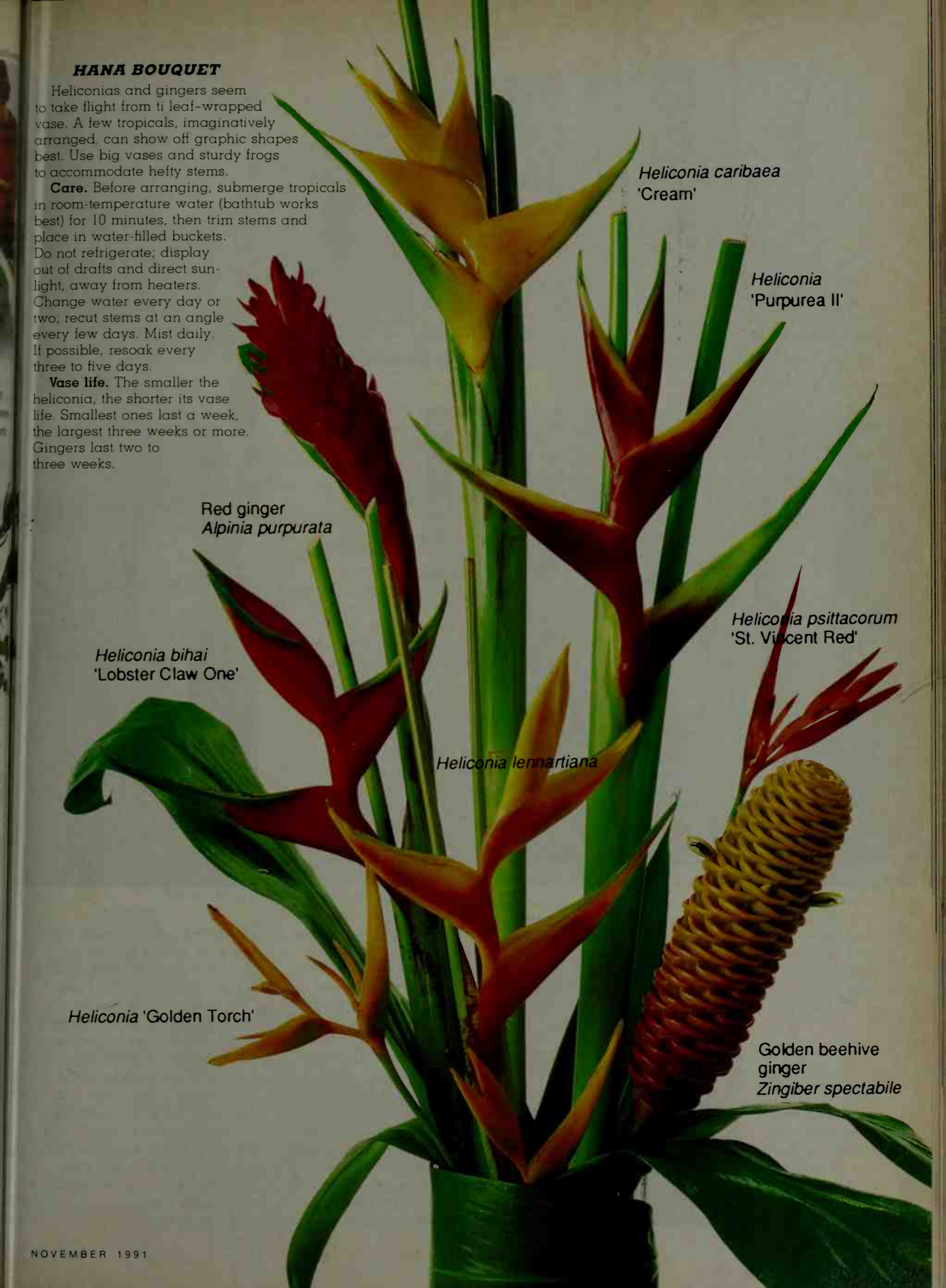
In and around Kula. *Hawaii Protea Corporation.* Represents 20 growers. It operates a stand to the left of Kula Lodge. Open 8 to 4 daily. Free 14-page color catalog: Box 68, Kula 96790; call (800) 282-5642.

Maui Floral. Grows 16 acres of proteas. From State Highway 37, turn left on Copp Road just past the school and look for signs. Open 8 to 4:30 daily except Sundays. Free price list: Box 126, Kula 96790; (800) 543-2727.

Proteas of Hawaii. More than 75 kinds grow on 6 acres. Open 8 to 4:30 weekdays. From State 37, turn left on Copp Road just past the school, and left again at Mauna Place. Address is 210 Mauna Place, Kula 96790; call (800) 367-7768. Across the street, the University of Hawaii College of Tropical Agriculture operates a 20-acre experimental station—open 7 to 3:30 weekdays—where 65 species, as well as new hybrids, grow.

Sunrise Protea Farm. Dozens of varieties grow on 5½ acres. You can stroll among plants by the gift shop. It's ⅓ mile up State 378 toward the crater. Open 8 to 4 daily. Free price list: R.R. 1, Box 416A, Kula 96790; call (800) 222-2797 for details.

For a complete list of growers, write to Maui Flower Growers Association, Box 495, Hana 96713. ■



HANA BOUQUET

Heliconias and gingers seem to take flight from ti leaf-wrapped vase. A few tropicals, imaginatively arranged, can show off graphic shapes best. Use big vases and sturdy frogs to accommodate hefty stems.

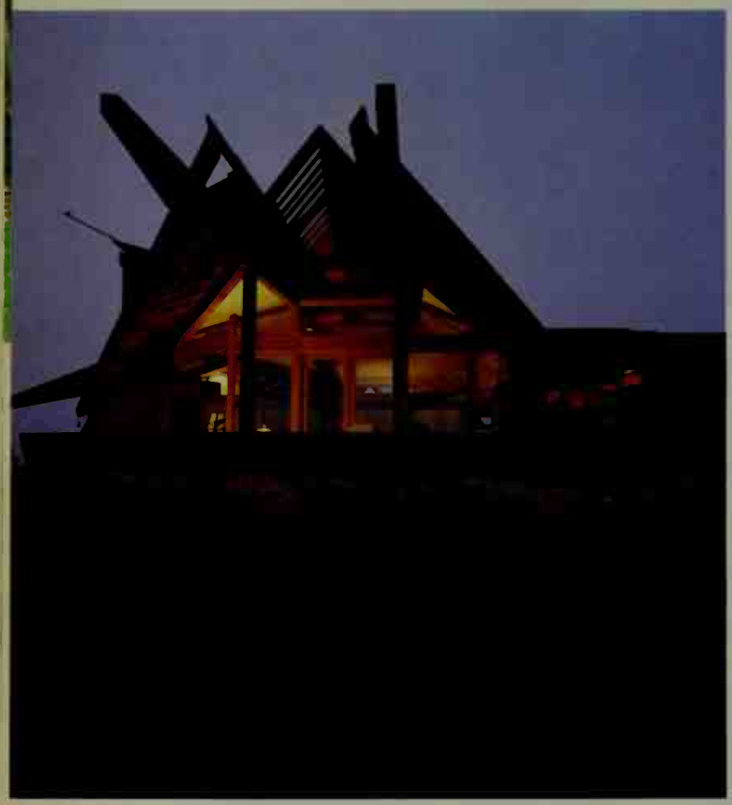
Care. Before arranging, submerge tropicals in room-temperature water (bathtub works best) for 10 minutes, then trim stems and place in water-filled buckets. Do not refrigerate; display out of drafts and direct sunlight, away from heaters. Change water every day or two; recut stems at an angle every few days. Mist daily. If possible, resoak every three to five days.

Vase life. The smaller the heliconia, the shorter its vase life. Smallest ones last a week, the largest three weeks or more. Gingers last two to three weeks.

AWARD OF MERIT

ARTHUR DYSON, AIA, FRESNO, CALIFORNIA, FOR SUE AND TOM JAKSHA

Hillside house is right for the site



ANGLED ROOF *has center opening with kite-shaped shade panels to block sun. Rafters extend to the sides for more shading.*

SKYLIGHT ABOVE *living room runs to center of house. View is from kitchen to living room and covered deck beyond.*

TWO MORE AWARD-winning houses from last month's *Sunset*-AIA Western Home Awards program grace these five pages. Each reflects the architect's response to the place, to his clients' needs, and to the general design esthetic of the region. The resulting designs are quite different, but each house seems the right one for its site.

First we present a horizontal house with pronounced angular lines. Below its location, California's San Joaquin Valley unfolds like broad, rolling prairie. The house sits low on the site and wraps around the hill; as you approach, its distinctive angles and jutting profile emerges. Several of our jurors attributed its looks to the Prairie School pioneered by Frank Lloyd Wright, but they felt that it improves on and extends that style.

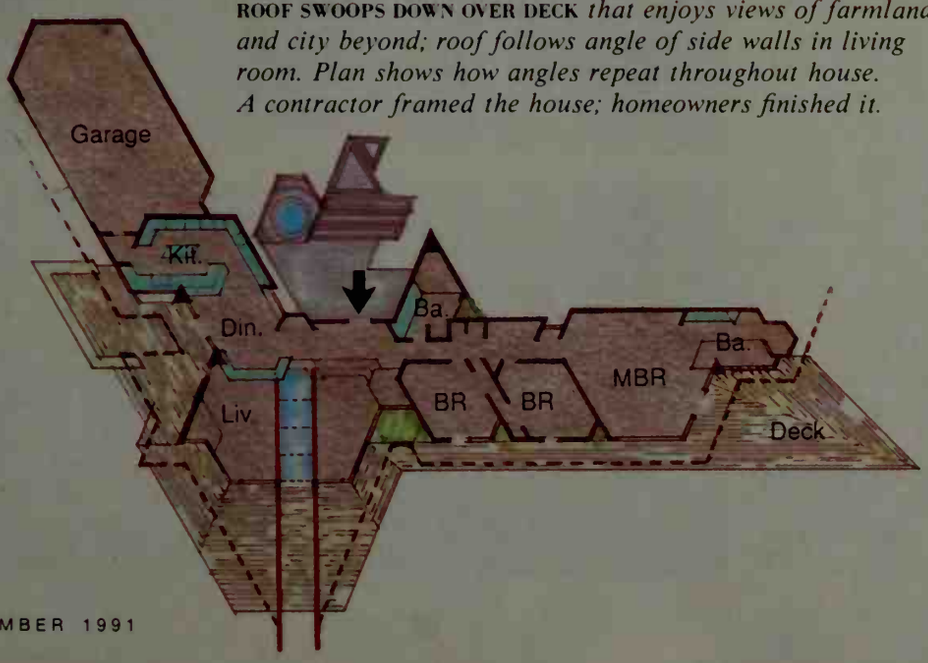
Angled walls in the living room of the 2,500-square-foot house allow views that extend from the southeast (toward the city) around to the west (toward the sunset). For maximum solar access, the living room area faces due south; for visual and acoustical privacy and energy efficiency, only a few windows face north (the street side).

The main open space comprises an upper-level kitchen and dining area, and a lower-level living room. An exposed-aggregate floor runs through the upper level. In the living room, side walls spread wide to the view and a covered deck beyond. A dramatic roof extends over the deck; a 4-foot-wide opening bisects the "prow" of the roof and becomes a skylight above the living room.

SCOT ZIMMERMAN

In spite of a tight budget, which limited the building costs to just over $50 per square foot, the house displays distinctive details. Its siding, cedar corral lumber, runs horizontally, with diagonally cut 2-by-2s masking the seams. A similar detail hides the seams on the red rolled roofing. Ready-made sliding glass door replacement panels become the full-size windows on the south-facing walls.

ROOF SWOOPS DOWN OVER DECK *that enjoys views of farmland and city beyond; roof follows angle of side walls in living room. Plan shows how angles repeat throughout house. A contractor framed the house; homeowners finished it.*



CITATION

■

PELLECCHIA OLSON ARCHITECTS, DENVER

NORMAN A. PLATE

MANSARD-ROOFED *entry extends a formal welcome. Dormer serves as updated pediment, capping columns that frame doorway.*

LATTICE SCREEN *across prow-like south side (below) buffers summer's glare, allow winter sun to penetrat deeply into master su (bottom) and kitchen (right). In the bedroo screen confers an air of seclusion and privacy. In the kitche crisply etched pattern on cupboards repeats screen's lines.*

LANGDON CLAY

It won for its two-story wall of windows

THE MOVEMENT OF light animates the design of this new house in a tree-filled mountain setting in Colorado. On its windowed south face, it flirts with nature through an airy veil of lattice screen that filters sun entering the kitchen and master suite above. *Sunset*-AIA juror Mark Simon said, "This screen breaks down light and scale all at once."

It's a major feature of a design that takes full advantage of light and views on all fronts. Believing the house should complement—not dominate—nature, the clients were eager to preserve the park-like ambience of the 1¼-acre site.

Built on the footprint of a weathered farmhouse, the new structure reinvents elements—such as the mansard roof—of the original. It becomes, in the architect's words, "the house the old one wanted to be."

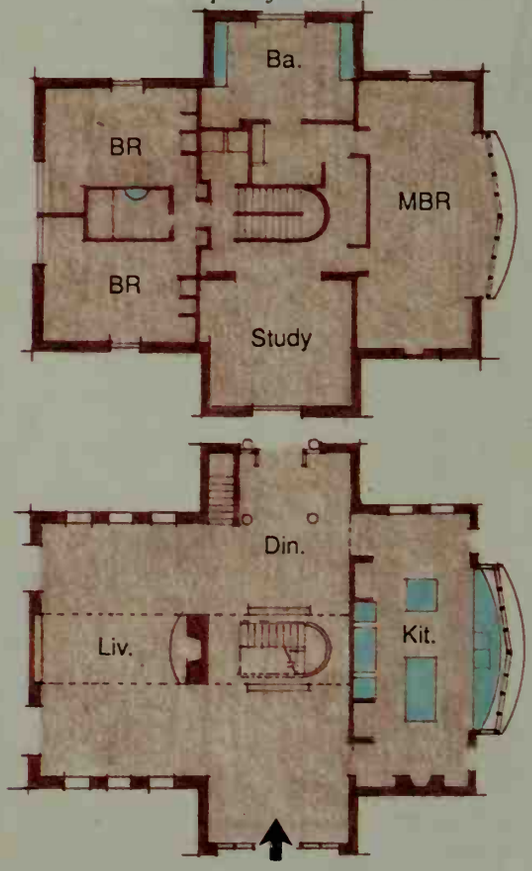
Partial walls and an open central stairway break up the cruciform plan, so interior spaces flow into one another. Each quadrant

SITTING ROOM *off master bedroom basks in late-afternoon sun beneath axial skylight.*

OPEN STAIR *emerges like a piece of sculpture from behind freestanding wall.*

NORMAN A. PLATE

CENTRAL STAIR *organizes living spaces, upstairs and down. Columns framing entry repeat just inside the door.*



of the house opens to different views; window placement was calculated to meet the needs of each living area. In the living room, windows adjoining the entry are placed high for privacy. On the west-facing wall, they're set low to cut harsh afternoon sun and allow wall space for displaying art.

Some of the walls are heavy, some light. Heavy exterior walls of stucco and concrete block provide a reassuring sense of enclosure. Lighter, wood-framed interior walls define rooms and the stairwell, which also functions as a lightwell. Shafts of light, through the skylight above the stair, shift throughout the day and the seasons.

Juror Bobbie Sue Hood described the house as "very livable" and lauded its well-formed space and crisp detail. "It's a contemporary country house that still says 'farmhouse'—not easy to achieve." ■

THE NEW BMW 3-SERIES. ENGINEERED TO PUT MORE DISTANCE BETWEEN YOU AND YOUR MECHANIC.

Picture yourself on the road of your choice, far, far away. Miles from your office. And home. And nearest hydraulic lift.

Because with the dramatically new 325i, BMW has literally stretched the time between servicings—by stretching the very possibilities of internal combustion.

A formidable feat accomplished, in part, by a computerized engine management system that constantly adjusts ignition timing and fuel flow for optimum performance.

By tappets that automatically fine-tune themselves. Which means the valves never need to be re-synchronized.

And by a direct ignition system that has totally eliminated the need for a distributor.

In short, a car whose 189-horsepower, 24-valve, 6-cylinder engine requires no valve, timing or belt adjustments during regularly scheduled maintenance. Just the periodic changing of oil, filters and plugs.

A simple routine which could end up saving you a tidy sum in parts and labor.

Of course, the new 3-Series could also save you unexpected expenses, as well. Backed, as it is, by a 4-year/50,000-mile bumper-to-bumper warranty* and by BMW's nationwide Roadside Assistance.**

So, if the thought of owning such a car intrigues you, we invite you to visit your nearest authorized BMW dealer.

After all, we think a driver's time is far better spent out on the road, than in a service garage waiting lounge.

THE ULTIMATE DRIVING MACHINE.®

*See your BMW dealer for details on this limited warranty. **Services provided by Cross Country Motor Club, Inc., Boston, MA 02155, except in CA, where services are provided by Cross Country Motor Club of Calif., Inc., Boston, MA.

VISIT YOUR AUTHORIZED BMW DEALER. OR FOR MORE INFORMATION, CALL 1-800-334-4BMW.

HAWK-WATCHERS *gather data on fall raptor migrations for national park wildlife study.*

NIKE MISSILE *historic site at Marin Headlands is being restored by team of military veterans.*

HABITAT RESTORATION *team pulls non-native plants from hillside (right); above, volunteer nurtures seedlings at Fort Funston nursery.*

LIGHTHOUSE *tour guide at Point Bonita studied history of site to better answer visitor questions.*

ENVIRONMENTAL ACTION

Lending a hand to the national parks

THESE EAGER WEEDERS, paint-chippers, bird-watchers and tour leaders are just a handful of more than 4,000 Bay Area residents who donate time and skills to help maintain the nation's most-visited national park: Golden Gate National Recreation Area (GGNRA).

Why? Because the national parks—crown jewels of American public lands—are on the ropes. Even as the number of visitors continues to increase, park budgets and staffs have been cut. Visitor interpretation dwindles, vital research goes unfunded, and basic maintenance is postponed.

While Congress debates funding, park managers are finding that the very people who use the parks are increasingly eager to help with park programs—as volunteers. This year an estimated 20,000 Westerners will put about $15 million worth of effort into some 150 national parks.

The largest—and most successful—volunteer program in

MICHAEL SCANNELL

the nation is at GGNRA. Last year, volunteers contributed more than 120,000 hours to 22 different projects.

One of the most remarkable accomplishments is the Golden Gate Raptor Observatory, started by volunteers in 1985. The observatory established the Pacific Coast's first birds-of-prey migration-monitoring program. This winter, 170 volunteers are recording hawk, eagle, and falcon migration data at least through January; to help, call (415) 331-0750.

The secret of GGNRA's success has been in matching volunteer interests with essential programs. "Meaningful and interesting projects are vital," notes volunteer coordinator Colleen Collins. "Our most developed volunteer groups not only have their own newsletters but offer different types of training and responsibility to keep members enthusiastic."

While volunteer programs in most national parks aren't as extensive as at GGNRA, helping hands are always appreciated. Here's how you can get involved:

Helping at GGNRA. You don't need any special skills. For example, the Habitat Restoration Team meets every Sunday at 9:30 to spend a good 5 hours helping "preserve, restore, and maintain the natural diversity of the GGNRA." This winter's main effort will be removing invasive non-native plants (weeding). For a schedule, call 556-0581.

Other programs, such as wildlife monitoring, historic preservation, and visitor interpretation, may require some training. For a complete list of options and information on how to get started, call Colleen Collins at 556-3535.

Volunteering at other national parks. For information on programs in your area, it's best to call parks directly. Otherwise, call these regional offices: Anchorage, (907) 257-2592; Seattle, (206) 553-5201; San Francisco, (415) 744-3910; Denver, (303) 969-2630; Santa Fe, (505) 988-6839. ■

Another weird and wild winter in the West?

NOVEMBER WAS ONCE A MONTH IN which the West as it moved toward winter could count on a few climatic certainties. Seattle and Portland residents zipped anoraks in preparation for five months of wet but clement weather. San Franciscans battened down the hatches for the first of those blustery rainstorms that were hell on eucalyptus limbs but heaven to municipal water districts. And Southern Californians said good riddance to autumn's combustive Santa Ana winds and welcomed the rain that colored their umber hills Christmas green.

You may have noticed that, lately, our weather has not been obeying the rules.

A year ago this month, Seattle was drenched by a rainstorm so ferocious the Lake Washington bridge sank. November floods were followed by December's freeze: a week-long blast of Arctic cold that turned Yakima into the Yukon, Portland into Point Barrow, and then descended Hun-like into California to burst pipes and ravage gardens from Petaluma to Pasadena.

DRY CALIFORNIA. Five drought years have parched Lake Oroville.

Naive Californians hoped the cold might be accompanied by precipitation to end their five-year drought. But January was dry, February was dry, and it wasn't until March that late-season rains ameliorated the situation from desperate to merely dire.

This year we have a roused Philippine volcano. We may have El Niño. We have uncertainty. But the West also has some of the world's leading institutions of climate study. On these pages, we report on what they know and don't know about our weather, then show you how you can hone your own weather eye with a home weather station.

Out on a limb for winter 1992

NORMAN A. PLATE

Richard Medenwaldt
Weathersource, Erie, Colorado

"An early and cold start for winter in the Rockies, Front Range."

RICHARD MORGENSTEIN

Michael Pechner,
Golden West Meteorology, Cordelia, California

"California's winter—specifically November—will start out wet. The unknown equations are Mount Pinatubo and El Niño."

PACIFIC OVERTURES

Take a late-afternoon walk to Point Loma or Point Reyes or Cannon Beach or Cape Flattery. Look west.

There, beyond the breakers in that 64 million square miles of Pacific Ocean, is where most of our weather incubates.

The prime mover behind all of it can be seen sinking toward the horizon. As the sun heats the Earth, continents and oceans warm unequally, which means that the atmosphere develops hot and cold areas. "And because the atmosphere likes to sustain equilibrium," explains Michael Pechner, a private meteorologist who consults for San Francisco's KCBS radio, "these hot and cold areas are constantly moving. That creates weather."

DOUG WILSON

SEATTLE SNOW. Arctic cold chilled the Northwest to a shivering standstill.

For the West, the prevailing weather pattern is from west to east, as Pacific-born storms travel eastward on the jet stream, a band of high-speed winds 30,000 to 40,000 feet above the planet's surface. In summer, the jet stream and storms stay north; in winter, they drop south, bringing winter snow and rain.

THE PINEAPPLE EXPRESS RUNS INTO A SNOWBANK

There are regional idiosyncrasies, of course—enough to keep local forecasters on their toes. Seattle's winter precipitation is dependable—on average, 5.6 inches of rain this month, 6.33 inches in December. But Puget Sound is an occasional stop on the "Pineapple Express," a flow of warm, moist air that begins near Hawaii. On board the express last year were Seattle's November floods. The city's freezing, blizzardy December was the product of another interloper. "Cold air came straight down from Canada and combined with moisture flowing into Puget Sound," explains Patrick Brandow of the National Weather Service office in Seattle. He adds, "Snow is the most difficult thing to forecast around here. It happens only once or twice a season, and the ingredients have to be just right."

Snowfall is likewise unpredictable along Colorado's Front Range. Says Colorado weather consultant Richard Medenwaldt, "What happens is we get cold air flowing down from Canada, pooling against the Rockies, forming a dam. Then a little innocuous storm comes in from the West, meets that cold air, and turns into something significant that puts down a foot of snow in Denver."

Richard Head, manac forecaster

"Considerably colder than normal" in the desert.

SCANNING THE OCEANS, SPYING ON THE WINDS

In some ways, forecasters in the West have a more difficult time than do prognosticators elsewhere. One problem is the dearth of data from the place where our weather is born, the Pacific. Meteorologists rely on satellites, buoys, and commercial shipping to obtain readings far out in the ocean. But the Pacific is so vast that large portions of it remain blank spaces on this data grid. Even our satellite vision is myopic: the United States is down to one aging Geostationary Operational Environmental Satellite (GOES). Its successor, GOES-NEXT, is not scheduled for launch until 1994.

Despite these difficulties, weather forecasting has made big strides in the 50 or so years since the development of radar and computers made modern meteorology possible. Some advances have been lifesaving. Researchers at the National Center for Atmospheric Research (NCAR) in Boulder, Colorado, have found ways to predict and detect microbursts—small-scale, short-lived, extremely powerful downblasts, by-products of thunderstorms—that pose grave danger for aircraft during landings and takeoffs. An NCAR-developed weather radar and wind shear alert system allows control towers to warn pilots of these previously invisible hazards. The system is already in place at Denver's Stapleton Airport and will be implemented around the country beginning in 1993.

Indeed, all our short-term forecasts have become more consistently accurate. The National Weather Service estimates that today's five-day forecasts are as accurate as three-day forecasts were 15 years ago, three-day forecasts the equivalent of two-day ones 10 years ago.

DARROW M. WATT

BAY AREA FREEZE. Browned 'Bearss' lime tree fell prey to temperatures that dropped to 19° last December.

DON'T KNOW WHY THERE ARE CLOUDS UP IN THE SKY: THE LIMITS OF LONG-TERM FORECASTING

Visitors are welcome to tour NCAR's Boulder facility. (For visitor information, see page 52.) There they can view one of the world's largest, fastest computers.

The CRAY Y-MP can perform 2.5 billion calculations per second, on eight parallel processors. It contains 60 *billion* bytes of disk storage.

This supercomputer is one of the few computer systems devoted solely to modeling Earth's climate. It takes weather data from around the world and plugs it into a complex series of equations that approximate ocean, land, and atmosphere. These models are useful tools, especially for monitoring climatic

changes over time, but are very rough mathematical sketches of an extraordinarily complex system. They can't predict in November that Boulder will be sunny on the afternoon of January 23 and snowy on the morning of March 5.

To predict further in the future, meteorologists depend less on mathematical models and more on records of weather of past years. "All of our seasonal forecasts come out of statistical inferences," says Jim Wagner, senior forecaster for the National Weather Service's Climate Analysis Center. Averaged over the whole continental United States, Weather Service accuracy rates range from 65 percent for a 30-day temperature forecast in winter, down to 52 percent for a 90-day precipitation forecast for spring.

Probably the dean of long-range forecasting is *The Old Farmer's Almanac*, which celebrates its 200th anniversary this year. The contemporary *Almanac's* forecasts are the work of a Cal Tech–trained meteorologist, Dr. Richard Head, of Scottsdale, Arizona. "We look at correlations between what has occurred in the past and what is occurring now," Head says. "Solar activity—sunspots, magnetic storms, changes in the sun's radiant energy—and other things like the snow and ice cover on Earth." He estimates his accuracy rate to be 65 to 70 percent.

LOW-TECH *home weather station tracks wind, rain, snow depth, and minimum and maximum temperatures.* BILL ROSS

CALIFORNIA ASKS, ANOTHER DRY YEAR?

No better example of long-term forecasting's limits can be found than in attempts to understand California's drought. Some regions of the Golden State have not enjoyed a "normal" year of rainfall since 1986. This year, even with late-winter rains, the U.S. Bureau of Reclamation anticipates 1992 water deliveries at no more than 50 percent of usual.

The immediate cause of California's past five dry years was a series of high-pressure systems stalled over or just off the California coast. These highs blocked, diverted, or split the jet stream; raindrops that in other winters might have fallen on Marin or Monterey fell instead on British Columbia, Baja California, or far out in the Pacific.

But what has caused the high-pressure systems to linger so long? Says Dr. Daniel Cayan, climatologist at the Scripps Institution of Oceanography in La Jolla, "One of the really tantalizing aspects of weather is that we find a recurrence of its large-scale patterns. It's as if the atmosphere has some kind of memory. If we could isolate the elements that make up the memory, we might know what causes the high pressure to persist instead of breaking down." But, he adds, "It's very hard to identify chicken and eggs, the ultimate causes for a system that's interconnected and continuous the way the climate system is."

Drought-watchers have paid much attention to the El Niño/Southern Oscillation, the patch of warmer-than-normal surface water that materializes in the western Pacific and slowly drifts eastward toward South and Central America. The last strong El Niño, in 1982, coincided with a record wet winter in California; much hope has been voiced that its reappearance would herald another year of bounteous precipitation. But Cayan notes that California's current dry spell occurred both during El Niño years and during years dominated by its cold-water sibling, La Niña.

Many climatologists also caution that Californians may have been lulled by a series of rainier-than-normal decades into thinking that their state is less dry than it really is. "Californians should realize that a five-year drought is normal," says weather consultant Michael Pechner. "There are data—tree rings, core samples from glaciers—that show droughts that have lasted 20 years over the last several hundred years."

A PREVIEW OF 1992

What does this winter have in store? At our press time, evidence was building that an El Niño condition had begun in the tropical Pacific. The June eruption of the Philippine volcano Mount Pinatubo had spewed a cloud of sulfur dioxide and other gases into the stratosphere; the cloud from the last comparable eruption, that of the Mexican volcano El Chinchón, cooled

Keeping track with a home weather station

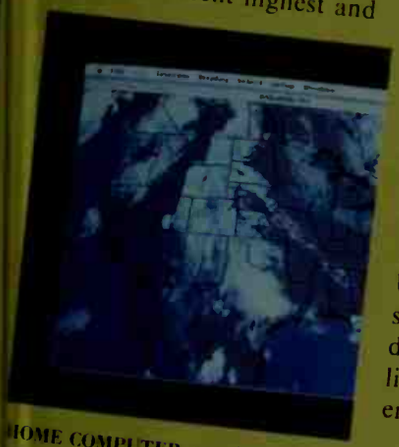
FROM WEEKEND PLANS to garden plants, questions about the weather seem to be on just about everybody's lips.

To really understand the weather, you need to keep track of it. Here we show low- to high-tech ways of doing just that.

AN EASY HOME-BUILT WEATHER STATION

The weather station shown at left is made from an 8½-foot pressure-treated 4-by-4 sunk 18 inches into the ground, topped by a wind vane ($25 to $50 at sailboat supply stores) and a rain gauge ($25 to $50 at hardware stores). A wind sock hung from the station's 2-inch by 6-foot crossbar offers a rough look at wind velocity.

A minimum-maximum thermometer ($20 at hardware stores) has current readings, plus recent highest and lowest temperatures. It hangs from the north side of the post at eye level, protected from morning and afternoon direct sun by plywood "blinders" on each side. A yardstick ($1) records snow depth.



HOME COMPUTER *retrieves a satellite weather photo from an on-line service.*

OFF-THE-SHELF ELECTRONIC MONITORS

If you want a station that's more high tech, consider a full-fledged weather monitor like the roof-mounted one pictured at right. Sensors are wired to a digital display that you read in the house. The rain collector empties automatically, and instruments reset daily. This monitor sells for about $300.

GLENN CHRISTIANSEN

ROOFTOP ELECTRONIC SENSORS *(left) record temperature, wind, humidity, rainfall, and barometric data. The results appear on an indoor monitor (right).*

WEATHER INFO FROM YOUR OWN COMPUTER

Those cloud-smattered computer maps you see on TV weather reports originate with satellite photographs. If you have a personal computer and a modem, you can get those images and other weather graphics on your own computer screen.

With the same setup, you can retrieve complete current information from around the United States—about tropical storms, floods, and snow depth—through national on-line services. All offer weather maps and graphics.

To use one of these services, you pay an up-front membership fee (often credited toward use) of $25 to $50, then a modest monthly fee that varies by the on-line service and by use.

Accu-Weather Inc. (814/234-9601, ext. 400), provides data for some 3,000 U.S. and foreign cities. You can check information up to a year old and get forecasts and current reports.

Data are exhaustive. Virtually anything you can imagine about weather is there, accessible in charts, graphs, satellite images, and more. You can even watch lightning strikes on-screen as they occur nationwide.

Your computer taps into Accu-Weather's computers with Accu-Access (Accu-Weather's program; free to $250, depending on how much you use the service), or Accu-Weather Forecaster ($60 from mail-order program companies).

AmericaOnline (800/827-6364) offers a few high-quality current weather and forecast maps from Weather Services Corporation, and hopes to have satellite photos available this month.

CompuServe Information Service (800/848-8199) offers low-resolution U.S. maps from the National Weather Service that are updated several times hourly, plus a few maps and satellite photographs from Accu-Weather. Graphics are updated once to four times daily.

At our press time, CompuServe was about to add satellite images from other parts of the world.

Prodigy Services Company (call 800/776-0840 to find a local dealer) provides a good selection of forecast and current-condition maps updated twice daily.

global temperatures by an estimated 1° back in 1982. But the chance of temporarily cooler temperatures has not erased fears of global warming; it remains a major focus of research at Scripps, NCAR, and other institutions.

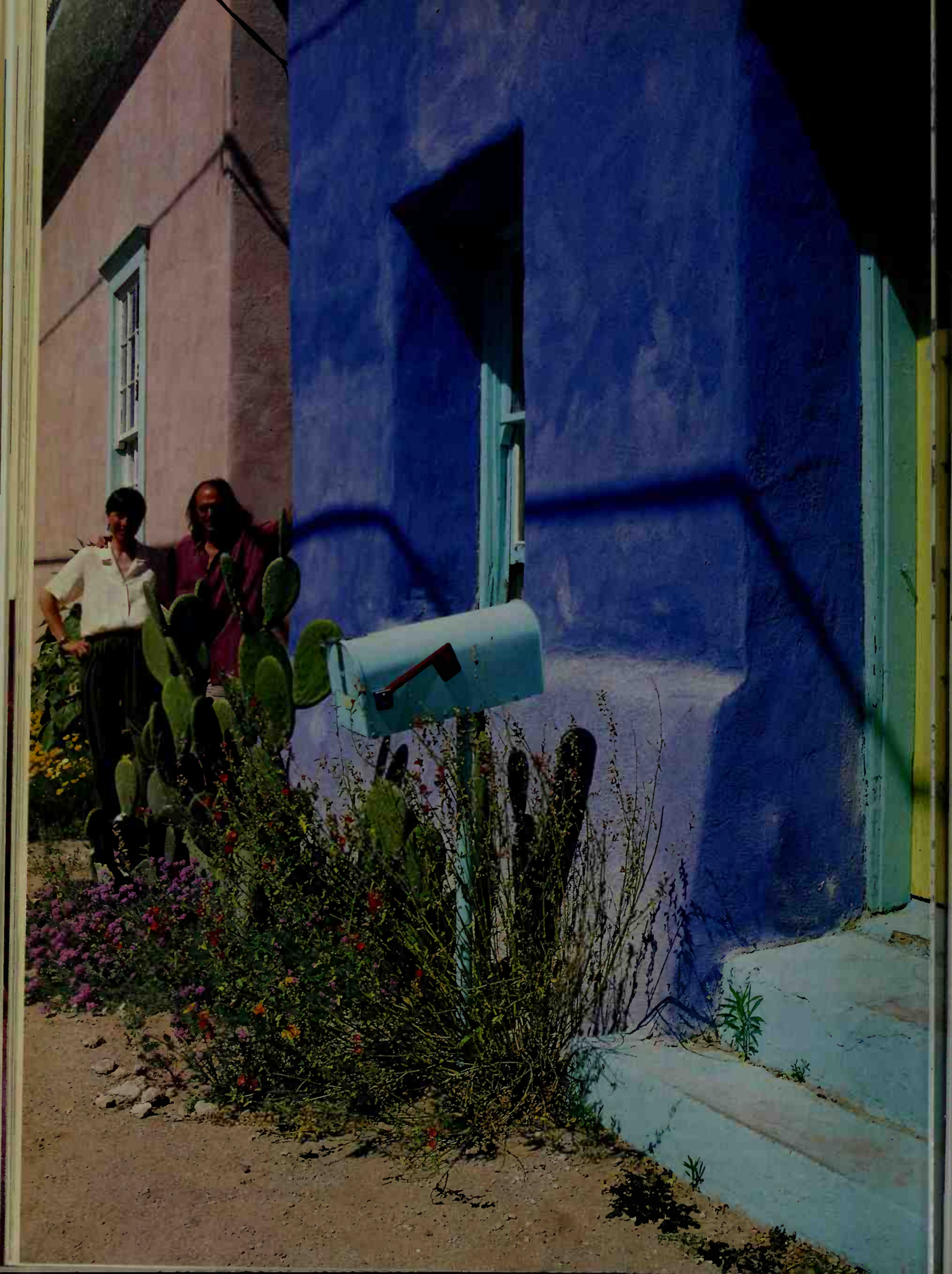
Sunset asked a trio of forecasters to share their predictions for the winter of 1991–92:

"California's winter—specifically November—will start out wet," forecasts Michael Pechner. "The unknown equations are, one, Mount Pinatubo, and two, the fact that we're beginning to see a warm El Niño episode off the Central and South American coast. The last time that happened, we had two of our wettest winters back to back. Those two factors could point to a wetter winter for California."

In Colorado, forecaster Richard Medenwaldt predicts, "The Front Range of the Rockies can expect an early and cold start for winter, which generally translates to warmer temperatures and less than usual precipitation for the West Coast."

Finally, Dr. Richard Head and *The Old Farmer's Almanac* foresee that the desert Southwest will have a winter "considerably colder than normal," and California one "much colder than normal, with above-normal snowfall, particularly in the central Sierra Nevada and Southern California mountains."

The winter of 1991–92—warm? cold? snowy? dry? Save this magazine until April, and see which of our experts came closest. ■



Mexico's colors come north to Tucson's Barrio Historico

WITH THE FLAMBOYANCE reflected in its streetscape T-shirt, Tucson's Barrio Historico has donned a mantle of color. And nowhere in this inner-city neighborhood does color appear more vividly than in the houses touched by the trowel, brush, and sponge of artist-builder John Lovegrove. While renovating historic adobes and erecting historically compatible new in-fill houses, he has developed easy techniques for applying both subtle and saturated color (see page 132).

As a geologist on field trips to Mexico, Lovegrove was fascinated by the lively hues of buildings there. He recalled the images when a career switch brought him to the Barrio's ripening restoration scene. Self-effacing in the extreme, he lets his joyous color—and his neighbors—do the talking for him. One gently ribs him about his experiment with powdered stucco pigment, sprinkled, triple strength, onto a freshly poured concrete floor and troweled in. (Don't try it—the color rubbed off.)

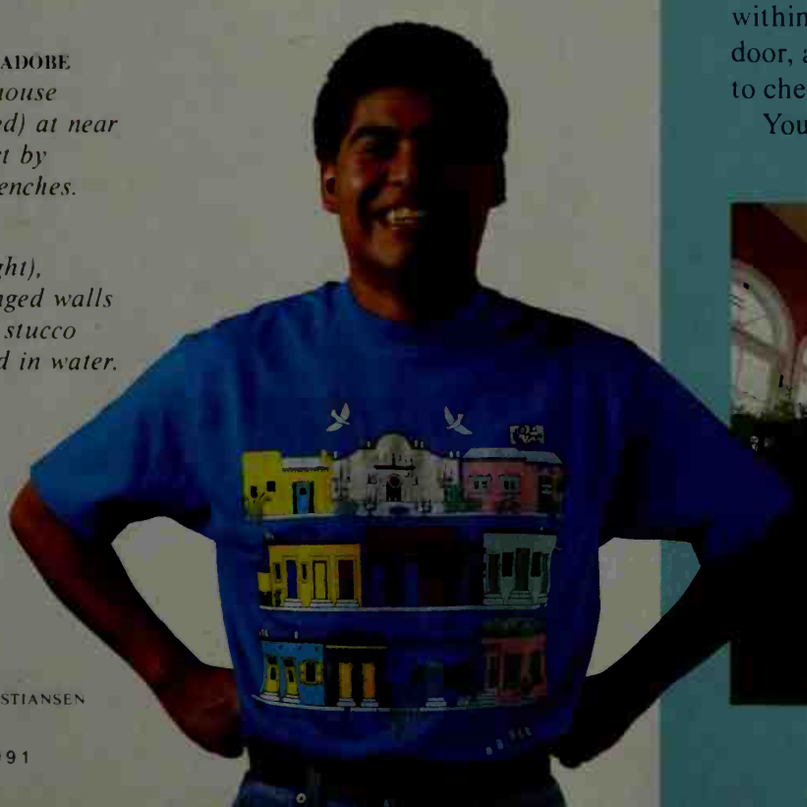
Lovegrove is one among a dedicated band of people at work reviving the Barrio. Their spirit of camaraderie in shared adventure spills from house to house. Drop by any structure where work is complete or under way, and within minutes you'll be guided next door, around the corner, or blocks away, to check on progress at other properties.

You'll meet owners shoring up crum-

PALETTE PIONEER *John Lovegrove (left) enlivened houses from two eras with colored coats of stucco.*

BLUE LAVENDER ADOBE *and new pink house appear (reversed) at near right on T-shirt by artist Nancy Lenches.*

IN HALL *(far right), Lovegrove sponged walls with powdered stucco pigment diluted in water.*



PETER CHRISTIANSEN

GLENN CHRISTIANSEN

Based on tradition, the use of color is freewheeling and vibrant

bling adobe walls, replacing long-gone roofs with recycled timbers, or trading recipes for authentic lime stucco.

Community action is also behind the color. In 1978, when the Barrio's two dozen blocks of adobes and brick houses (dating from the 1840s through the 1920s) were designated a historic district on the National Register, they came under the protection of historic-

WALLS AGLOW *in old adobe bear diluted latex paint sponged on while plaster was still wet.*

GLENN CHRISTIANSEN

RECYCLED TIMBERS *roof new house. Its multitone walls were sanded down after applications of diluted stucco color.*

BEDSTEAD'S *purple hue also adorns wall. Water-thinned latex paint was sprayed on plaster.*

PATINA OF HISTORY—*sponged, sprayed, and sanded color—backdrops still life.*

DUSTY LAVENDER *stucco color sponged on wall picks up tones of silk-screen prints.*

GLENN CHRISTIANSEN

"THE MOST FUN *I've had with paint" is how John Lovegrove describes the bench and canvas he decorated with leftover color.*

zone ordinances, which in most cases strongly controlled use of color. (Explorations into old layers of plaster and paint revealed that whitewash—the classic mix of lime, water, salt, and sometimes the juice of *nopal*, the prickly pear cactus—was the commonest original treatment, occasionally tinted with laundry bluing. The Victorian era ushered in improved paint in fashionable pastels and somber hues.)

Unlike homeowners renovating in Tucson's other designated historic districts, the ones in the Barrio Historico opposed guidelines restricting color choice. They cited another bit of history: the origin of the neighborhood's nickname, Barrio Libre (free zone), referring to the freedom that 1880s settlers from Mexico had from the enforcement of local Anglo laws.

Based on this freewheeling tradition and the vibrant use of color on buildings in the nearby Mexican state of Sonora—the ancestral home of many Barrio dwellers—neighborhood residents collectively opted for total freedom of color choice under the ordinances.

You can see the results any time, just south of Tucson's newly expanded Convention Center. Boundaries of the National Register district are roughly S. Stone Avenue on the east, Osborne and Samaniego avenues on the west, W. 14th (Cushing) Street on the north, and W. 19th Street on the south. Street parking is easy.

For an inside look at the colorful houses, plan to visit during the Barrio Historico open-house tour, planned for April 5 next year; call (602) 624-1817 to double-check. Hours are 1 to 5. Tickets ($5) go on sale at noon at Carrillo School, 440 S. Main Avenue.

The T-shirts showing three streets in the historic district help raise funds for a local nonprofit social service agency, Information & Referral Services, Inc. The price is $15. Shirts are for sale at El Minuto Cafe (354 S. Main Avenue, shown upper right on the T-shirt); or order directly from the agency by calling 323-1303. ■

How John Lovegrove adds color

JOHN LOVEGROVE APPLIED COLORED STUCCO TO THE exterior walls on page 128. For the pink house, he mixed the manufacturer's recommended proportion of color into the final coat. To achieve the intense blue shade next door, he tripled the recommended amount of color. Because increasing color may reduce stucco durability and accelerate fading and flaking, he increased the number of coats applied; the treatment has withstood three years of fierce Tucson sun and monsoons.

To color interior walls—all plastered with a porous mix of equal parts drywall mud (taping compound) and marble dust, which works equally well over concrete block, gypsum board, and plaster—he dilutes water-base paint or stucco color in water. He often starts with a very dilute, pale shade, applies a second coat of more intense color, and then sands through to the paler shade for an antiqued effect.

He most often uses a sponge float to apply color. This tool, available at plastering supply outlets, is a trowel with sponge on the bottom (be sure to get one with a *soft* sponge). Its handle makes it easier to use than a regular sponge. He also sometimes uses a brush and a spray bottle.

To buy stucco color, look for stucco color packs ($3 for a pint) where plastering supplies are sold.

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Swanson Broth can also enhance the flavor of vegetables (fresh or frozen), potatoes (boiled or instant)—everything from beans to pasta.

So the next time a recipe calls for water, use Swanson Broth instead. It makes so many good things taste even better.

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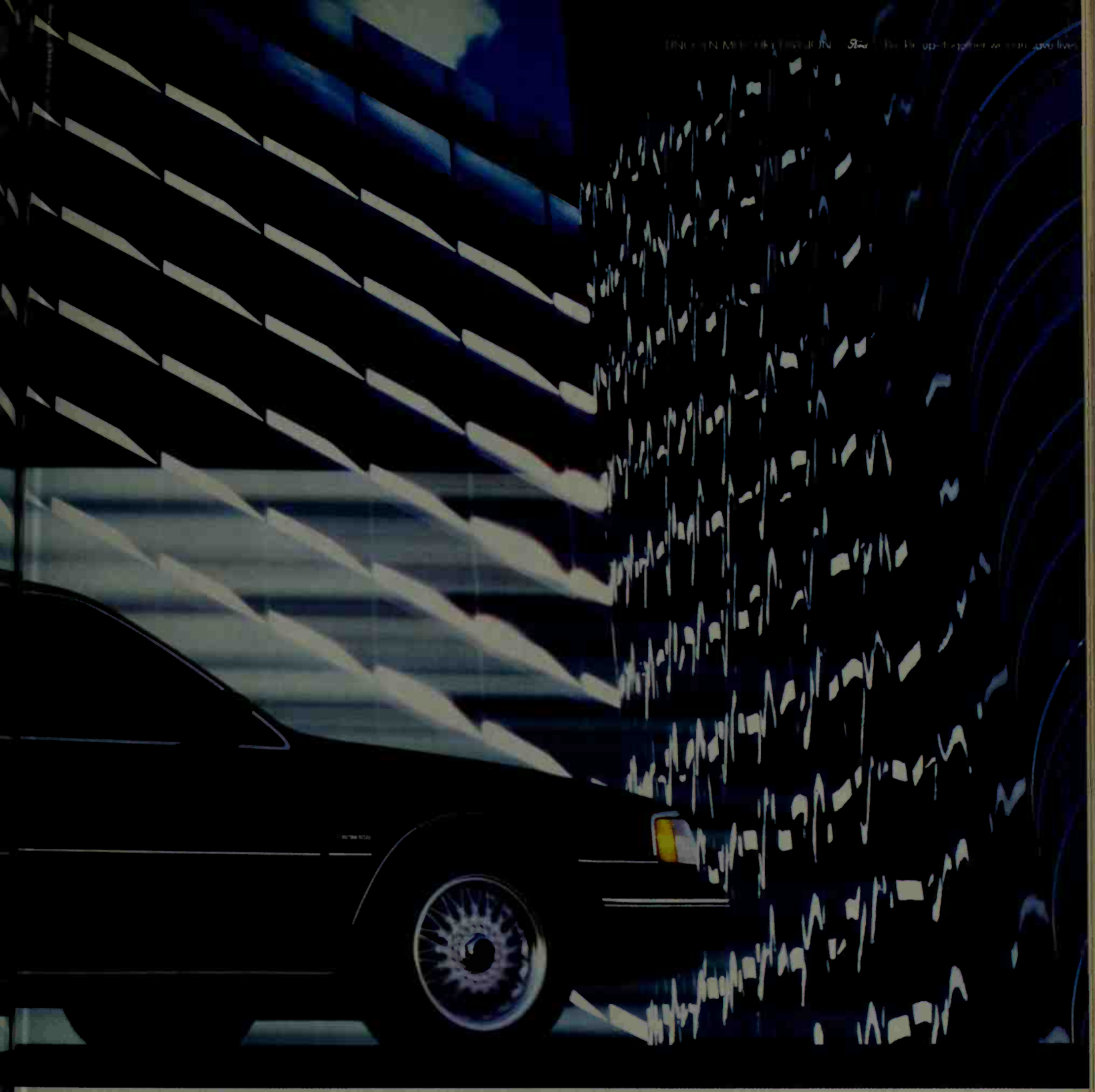
When Three Microprocessors Talk To Each Other, What Do They Talk About?

Computer conversation: It could be about something as ordinary as wheel speed or as esoteric as steering angle rate of change. Or any of thousands of bits of electronic information that help make Continental one of the world's most capable and comfortable luxury cars. Consider for example, Continenta EEC-IV drivetrain core computer–the same system that regulat the powerful engine of the Benetton/Ford Formula One race car. Continental, EEC-IV controls all vital engine functions includir fuel injection and ignition timing, then coordinates engine oper tion and electronic transmission shifting for a near seamless flo of power. Further enhancing this smooth sensation of drivir



ease is a computerized suspension system. Here, dual-rate gas pressurized shock absorbers and air springs are electronically regulated to optimize ride and handling. The result is a reassuring sense of confident control and an extraordinary sense of riding comfort. To this, add the stability of computer-controlled four-wheel disc anti-lock braking (ABS). The precision of computer-regulated speed-sensitive power steering. The peace of mind of a driver- and passenger-side air bag Supplemental Restraint System. Add, in brief, a keenly proficient array of microprocessor-managed driving systems. Systems that help make Continental one of today's most advanced luxury cars. Something well worth talking about.

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Storage that swings

THESE DISPLAY CABINETS MOVE INTO DIFFERENT POSITIONS, PLAYING DIFFERENT ROLES IN THE ROOM

Built-ins that budge may be the answer when you want a room to be as versatile as possible. The four custom-designed storage and display cabinets that are featured here can swing into alternate positions depending on how the room is being used. Each cabinet pivots around a fixed axis, much as a door does.

GLENN CHRISTIANSEN

Glass case rolls aside

This 9-foot-long, 8-foot-high plywood, lacquer, and glass display cabinet pivots around a post at one end on four 4-inch hinges. Four 4-inch (fixed-position) rubber casters allow the heavy case to roll smoothly, without marking the terrazzo floor. The display case usually functions as a divider between living and dining rooms. When owners Glenn and Gabriella Isaacson entertain, they move it to one side, near the room's main entrance, combining the living and dining areas into one large space. Design: Studios Architecture, San Francisco. Fabrication: Nick Yiangou, San Francisco.

Two wings swing in opposite directions

An all-maple wall between a bedroom and a study is made up of a stationary center section and two movable side wings. The section on the left swings into the study, while the one on the right swings into the bedroom, creating two hallways. Design: John Eggleston, of Edward Weinstein Associates, Architects, Seattle, and cabinetmaker Brian Van Horn.

MICHAEL SKOTT

NORMAN A. PLATE

Buffet rolls open to become a bar

This curved, marble-topped, 6-foot-long counter is the movable part of a sculptural divider between kitchen and living room. The cabinet has places for glassware and liquor, and it pivots into the living room, where it becomes a bar for entertaining. The cantilevered cabinet box is made of ebonized ash plywood; legs consist of stainless steel tubing, which rests on 3-inch rubber wheels. The rotating bar-buffet is hinged at the rear. Design: Wagner and Webb Architects, Los Angeles, in collaboration with steel fabricator Greg Abbott and cabinetmaker Peter Muny.

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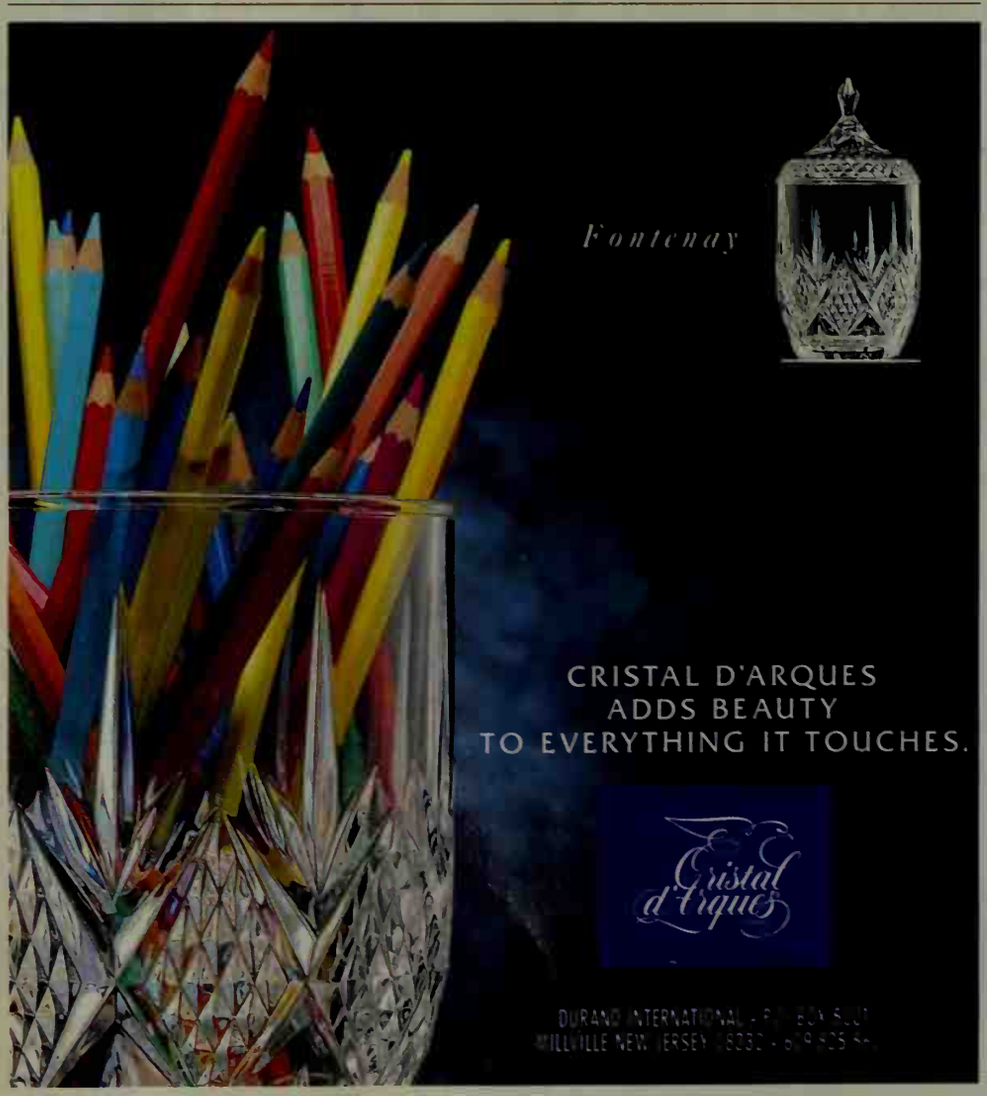

Center-of-kitchen island orbits around itself

This kitchen work island is anchored in the center of the room, yet can be moved to where it's handiest (to the cooktop for cooking, to the sink for cleanup). It's part of an AIA-Sunset Western Home Award–winning remodel featured last month. In addition to providing more workspace for various activities in the kitchen, the shifting island can create different traffic patterns there. The butcher block–topped unit has a swing-out knife rack on one side, open shelves at the rounded end, and closed storage along the other side. The heavy rubber fixed caster doesn't mar the vintage black linoleum floor. Design: Fung + Blatt Architecture, Los Angeles, for Lon Bender and Lorna Anderson. ■

NORMAN A PLATE

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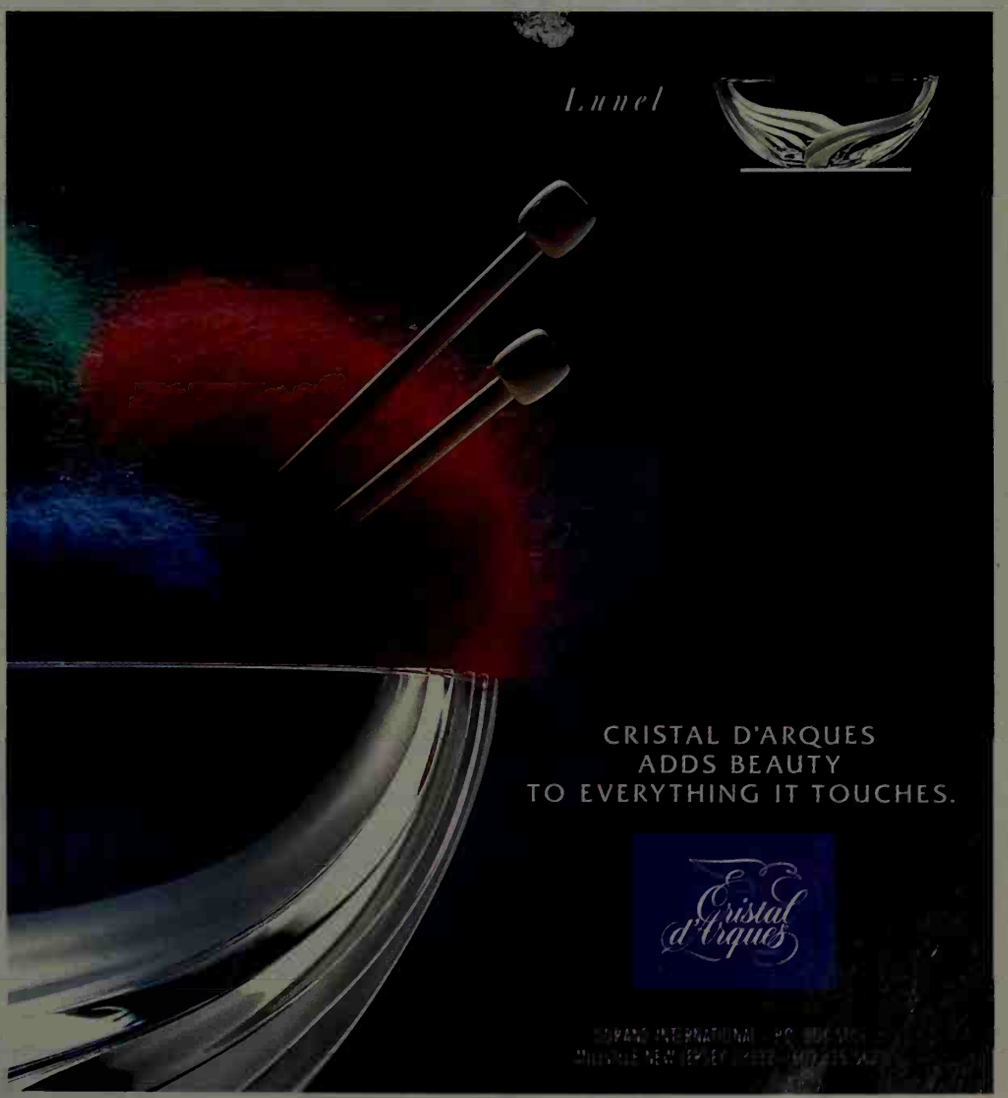

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TO EVERYTHING IT TOUCHES.

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THE CHANGING WESTERN HOME

Electronics

A WELL-PLANNED WALL HOLDS IT ALL WITH STYLE

SET INTO NICHES, a complete audio-video entertainment system occupies this sculptural family room wall. Records, books, firewood, and plants have their places, too.

Steve Kikuchi of Half Moon Bay, California, designed the new 18½-inch-deep wall, which appears to float above the 8-foot-long bookshelf. In reality, the end near the window hangs from the roof framing and ties to a beam running beneath the entertainment equipment. Electrical outlets were built in, as were raceways between the niches for connecting wires.

DARROW M. WATT

Pets

A LOCKABLE DOG DOOR BUILT INTO THE NEW CORNER CABINET

EVEN SMALL-SIZE dog doors aren't the most attractive wall embellishments. And cutting a door big enough for Missy meant cutting a hole also big enough for a person to crawl through.

To both hide the door and make it lockable, Phoenix architect James Scalise hid it in a corner cabinet built into the addition he designed for Pat and Richard Richardson. Locking double doors can seal the carpeted passageway.

NORMAN A. PLATE

Storage

TUCKED BETWEEN THE STUDS, THOSE ROLLS OF PAPER ARE RIGHT WHERE THEY'RE HANDY

AN ACRYLIC SHEET covers the recessed paper storage in the bathrooms of architect Maury Lipowich's Tucson house, turning the spare rolls into a design element.

According to J.D. Power & Associates, the Town & Country has the best customer satisfaction ranking of any minivan. By a comfortable margin.

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NORMAN A. PLATE

Details

COLUMNS ADD FORMAL TOUCHES TO TWO ROOMS

LIKE ARCHITECTURAL tuxedos, columns add dignified flair. In this entry hall and kitchen, the columns serve to define and divide the space.

In the entry hall, Sacramento architect Steven Goldstein placed pairs of half-round columns on short sections of mirrored walls. Reflected against the mirror background, the 90-inch-tall pilasters appear round and freestanding, and the hall seems larger with reflected views.

Half-height columns help separate work and eating areas in the kitchen but still keep the room open. The 59-inch-long wooden columns rise from a counter to a narrow soffit. Design: Andarch Architecture, San Jose.

Readings

A BUNGALOW BUFF'S OWN MAGAZINE

HEYDAYS CAN happen again. That's certainly true for the bungalow—the one-story house with a porch opening onto a front garden—which flourished across the country but especially in the West during this century's first three decades.

Now a new magazine is devoting itself to this popular house type.

American Bungalow offers articles on such subjects as how to buy Arts and Crafts furniture, how tax credits can help you rehabilitate a historic bungalow, and how to identify bungalow styles. Order a subscription ($24.95 for six issues) from 123 S. Baldwin Avenue, Box 756, Sierra Madre, Calif. 91025; (800) 350-3363.

Water Watch

THIS FUNNY LITTLE WAND CAN MAKE YOU FORGET YOUR FAUCET HANDLES

IT'S EASY TO LEAVE A faucet running inadvertently; this little device won't let you.

With the aerator-replacing device installed, you leave the tap turned on; pushing the wand to one side with your hands or a glass starts the flow.

The wand, costing $10 to $20, is available at some home centers, at hardware stores, and through several mail-order sources. Though it could be inconvenient for kitchen use (to keep water running, you have to keep pressure on the wand), it's perfect for bathrooms. A good water-saver, it was originally developed as a hygiene aid (you don't have to touch "dirty" faucet handles after your hands are washed).

It's also great for small children or for those with health conditions, such as arthritis, that make turning the handle difficult.

When selecting a patio door, the most important consideration is:

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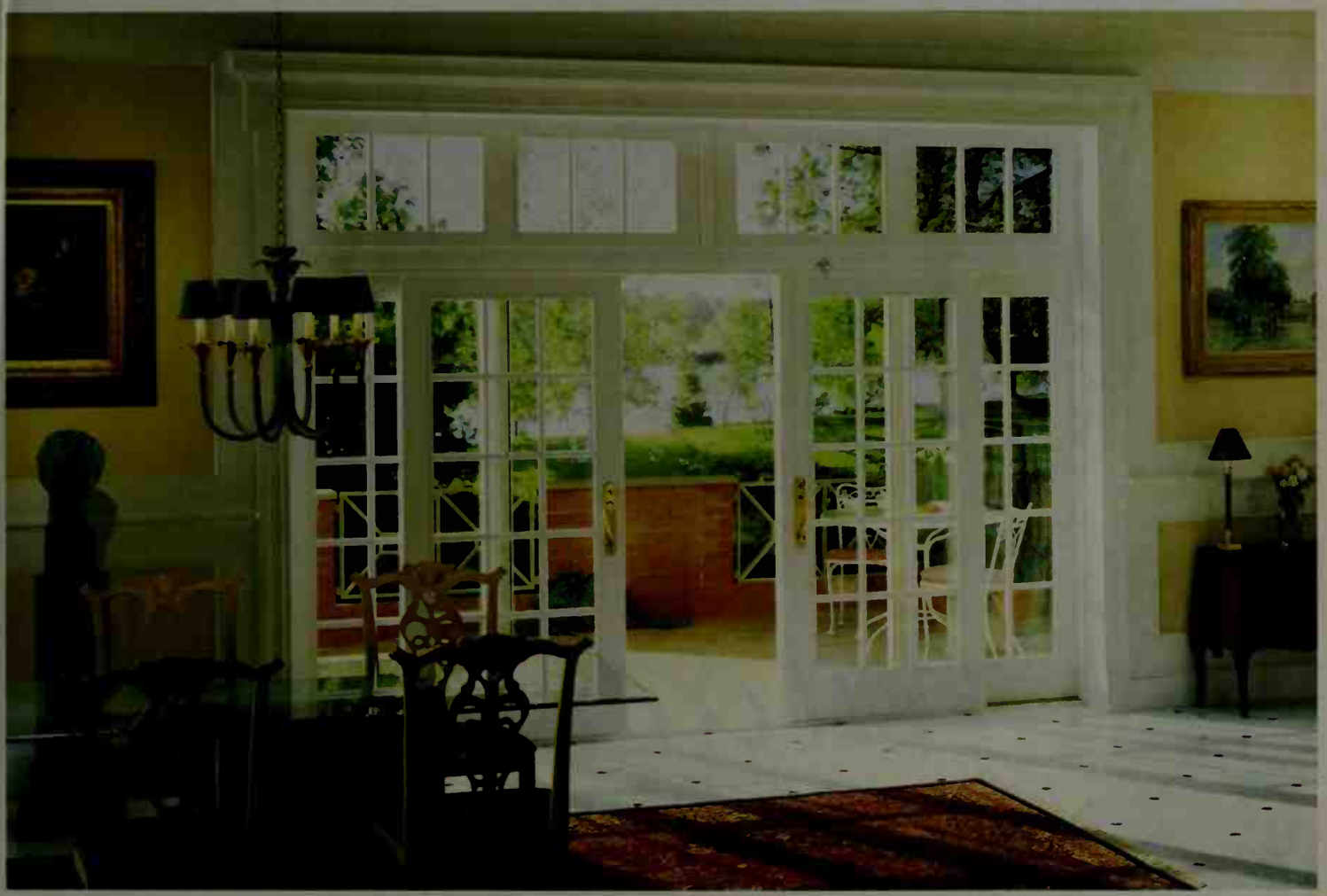
B) Security

C) Energy efficiency

D) Proper fit

E) ALL OF THE ABOVE.



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The wood destroyers

ILLUSTRATIONS, LUCY I. SARGEANT, PAUL H. STEMPEN

SOONER OR LATER, EVERYONE who owns a home framed or built of wood is confronted with wood-destroying organisms. Every year, termites, beetles, ants, and fungus cause more than $1 billion in damage to buildings.

When properly maintained, wood used in construction can last indefinitely. But without proper maintenance as they age, houses become susceptible to invasion.

This report explains what to look for, how to treat problems that arise, and where to go for additional information.

Houses built on slab foundations are particularly easy prey. Any small crack (caused by earthquakes or settling) invites subterranean termites. Once inside, they're not only difficult to detect but also difficult to control.

Houses built to save energy in the wake of the 1970s energy crisis have less air exchange; because of this, they also provide optimum conditions for decay fungus, particularly in cold climates. Although new codes have eliminated certain building methods that leave houses prone to attack, new houses and landscaping aren't immune. Houses, fencing, trees, even picnic tables, offer sources of food, especially in previously less hospitable areas like Southern California and the desert.

Removing chemicals from the market that provided long-term control has made the problem worse. Because of their long life span (up to 34 years), chlorinated hydrocarbons, such as chlordane, were commonly used to control subterranean termites. But because of their potential health threat, they came under the scrutiny of the Environmental Protection Agency, and manufacturers voluntarily withdrew them in 1988.

Chemicals now in use may last 3 to 12 years, depending on the climate, soil, and rate of application. Yet homeowners think they're protected. According to Bob Smith, professor of entomology at the University of Arizona, new houses that have been given preventive treatments with short-lived chemicals are like time bombs—especially in desert climates where some kinds of chemicals break down more rapidly.

In response to public concerns over chemical safety, researchers and pest control companies are seeking nontoxic ways to control wood-destroying organisms. Some methods seem very promising; others are still considered experimental.

The pests that attack wood

EVEN BOOKS CAN BE FOOD FOR WOOD DESTROYERS

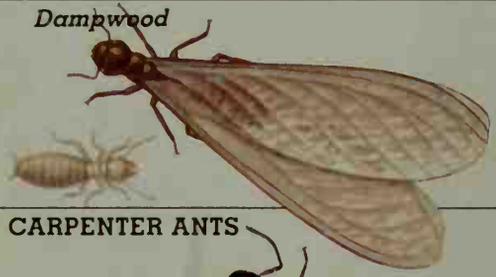
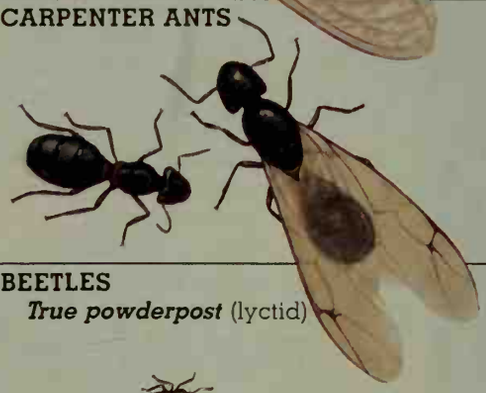
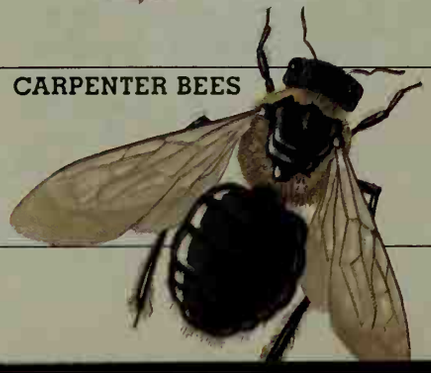
In nature, wood-destroying organisms are beneficial because they break down dead wood into soil. But houses encroaching into their habitats now provide the food, warmth, and water the organisms need to survive.

Once in your house, these organisms live off anything made of cellulose, including structural wood, furniture, picture frames, and books; carpenter ants and carpenter bees use wood for nesting. Of the thousands of species of wood-destroying organisms worldwide, only eight groups do major damage in the West (carpenter bees may cause minor damage). The seriousness of each pest depends largely on the climate.

To recognize danger signs and take preventive measures,

DARROW M. WATT

KNOWING HOW TO IDENTIFY *insect frass (fecal pellets) can help you determine problem.*

Wood-destroying pest	Distribution	What it infects
DECAY FUNGUS (dry rot)	All Western states, but worse in cool, coastal climates.	Any kind of moist wood. Causes as much or more damage to homes than insects.
TERMITES ***Subterranean***	All Western states except Alaska. Colonies can contain hundreds of thousands of insects. (Also see Formosan, below.)	Any wood in foundations, porches, or flooring. Nest in soil.
Formosan subterranean	Hawaii, parts of Texas, isolated infestations in coastal California. Five-year-old nests can contain millions of insects.	Voracious eaters of wood, cellulose, plants. Chew through plastic, asphalt, soft metal. Nest in soil, buildings (even high rises).
Drywood	Most serious in drier areas of California (particularly Southern California); also found as far north as Mendocino County and in Arizona, Hawaii, and Texas.	Any dry wood—even redwood—used in building, along with outdoor furniture, firewood, and woody plants including citrus, English walnut, grapes, eucalyptus, roses.
Dampwood 	Mostly in the Northwest and at 5,000 feet and up; also as far south as Southern California, mostly in beach areas, and in Arizona.	Prefer any wood that stays damp for long periods.
CARPENTER ANTS 	Wooded areas, particularly in the Pacific Northwest west of the Cascades, where they cause 5 to 10 times more damage than termites.	Initially make their nests in decaying wood; once established, they move into sound wood. They also nest in insulation, paper, wood mulches, and any other material they can bite.
BEETLES ***True powderpost*** (lyctid)	All Western states.	Dry, large-pored hardwoods such as ash, oak, and Philippine mahogany. Also bamboo. They don't infest softwoods or certain hardwoods (birch and maple).
Deathwatch (anobiid)	Pacific Northwest, northern California, and Arizona.	They attack aged hardwoods and softwoods in furniture, joists, piers, subflooring, and studs. Humid crawl spaces are most susceptible.
CARPENTER BEES 	All Western states.	Females make chambers in wood to rear offspring. Preferred kinds are cedar, cypress, Douglas fir, redwood, white pine.

ILLUSTRATIONS: PAUL H. STEMPEN

What are the signs?	When noticeable?	Conditions	Treatment
Crumbly, usually wet wood with brownish discoloration; stringy white threads (mycelia) may be evident.	Any time of year.	Wood in contact with moist ground; wood moistened by defective plumbing, sweating water pipes and windows, damaged gutters, or a leaky roof.	Replace infected wood; alter or correct conditions that led to damp conditions; use borate-treated wood or wood treated with other preservatives.
Earthen shelter (mud) tubes lead from colonies in soil and may go up inside or outside foundation walls or along pipes, or stand free in basements or crawl spaces. Or tubes may be hidden from view. You may see winged termites ⅓ inch long or brownish gray wings scattered on the ground.	Flights occur on warm, sunny days following a rain in fall, winter, or spring (heavy irrigation near house can also initiate flights). Mud tubes, damaged wood may be seen at any time.	Wood or stucco in contact with soil, wood debris in the ground next to or under the house, wood moistened by defective plumbing.	Chemical or sand barriers, structural changes, borate insecticide, wood preservatives.
Similar to other subterraneans, but winged termites are ⅜ to ½ inch long. Wings are hairy and light brown.	In May and June, huge swarms appear during the evening; small swarms can occur every month in Hawaii.	Wood or stucco in contact with moist soil, moist cracks in a building, cellulose roofing materials.	Same as other subterraneans but extremely difficult to control. Borate or ACZA wood preservatives.
Six-sided, oblong pellets (less than 0.04 inch long) accumulate where insects are working; ½-inch-long winged termites or smoky black wings may be scattered outdoors or inside, such as in attics. Galleries of drywoods (as of all termites) are seen only if wood is broken open.	Depending on climate, swarms appear in mid- or late summer to fall, triggered by bright sun and warm temperatures (not moisture).	Unscreened vents allow them to enter attics. They also come in through crevices between rafters, sashes, frames, and siding.	Chemical or heat fumigation, structural changes, liquid nitrogen, radiant heat, heat strips, electrical current, borate insecticide, insecticidal or desiccating dusts in spaces between studs.
Winged insects 1 to 1½ inches long attracted to electric lights; wings are twice the body length. Large cavities in wood packed with oval frass about 0.04 inch long.	Swarms can occur from July to October in late afternoon or evening when it's warm. Often they appear after an early-fall rain.	Wood-to-soil contacts, leaking plumbing, humid areas.	Ventilation and structural changes to control moisture are most important. Also borate and other insecticides.
Stringy sawdust and frass in piles under porches, in basements, in cracks and crevices between walls, or around window and door casings. Reddish brown to black ants ½ inch long may be seen foraging in the house for sweet food. Winged ants appear on the first warm days in spring (January to June, depending on climate).	Between sunset and sunrise (in certain seasons, they may travel during the day).	Houses in forested areas where large colonies exist in trees, stumps, and logs are most susceptible. They also live in stacked firewood, buried wood, and decorative wood within 30 feet of the house.	Insecticidal or desiccating dusts, boric acid, borate insecticide, chemical barriers, fumigation, nest destruction, pruning.
Small (0.03- to 0.06-inch), circular exit holes. Powdery frass with a flour-like consistency and the color of freshly sawed wood.	At night from late winter to early summer, small (up to ¼-inch-long) beetles fly around windows or lights (but they may be difficult to tell apart from non-wood-boring beetles).	Newly seasoned (but not green) wood less than about 10 years old. Oak firewood is a common source of infestations.	Chemical or heat fumigation, borate insecticide, electrical current, finishing untreated wood with paint, shellac, or varnish.
Small exit holes (0.06 to 0.125 inch). Granular (gritty) frass, much smaller than drywood termite frass and not as powdery as that of powderpost beetle.	Small (¼-inch-long) beetles may not emerge for two to three years; they may be noticed at night, late winter to early summer, flying around windows or lights.	Well-seasoned wood in older houses; sometimes newer ones. Aging structures are more prone. Beetles may come in on old furniture, fly in through crawl spaces.	Chemical or heat fumigation, electrical current, ventilation, borate insecticide.
Half-inch holes with sawdust-like debris below the areas being tunneled. Inch-long males have hairless upper abdomens that are shiny and metallic-looking. Males fly vigorously, their wings making a loud hum or buzz.	Spring through fall.	Females build nests in weathered or unpainted wood (exterior roof trim, siding, columns, steps, and decks).	Insecticides, structural changes.

you need to know the habits of each pest and the conditions that lead to its development. Even if you don't want to do the work yourself, you'll be better able to evaluate an inspector's recommendations.

DECAY FUNGUS. This low form of plant life can't manufacture its own food like most plants. Wood and other cellulose products are its source of nutrients.

In a well-constructed and well-maintained house, the wood's moisture content is too low for spores to grow. Decay

DARROW M. WATT

CRUMBLING WOOD *is sign of severe decay by fungus.*

indicates a moisture problem elsewhere.

TERMITES. Subterranean. Worker termites tunnel inside any structural wood, leaving an outer shell so the wood still appears normal. If a source of food isn't close, they build protective earth tubes (shown below) from the ground to the food.

Formosan subterranean. These are highly destructive termites. If a new house is built over a large nest, they can destroy it in several years. So far, California has had only isolated infestations, but officials are on alert be-

NORMAN A. PLATE

EARTH SHELTER TUBE *indicates subterranean termites.*

GALLERIES *made by drywood termites riddle wood.*

cause coastal areas are a prime habitat.

Drywood. Colonies live inside wood and slowly tunnel through it. They may be active for five or more years before signs of infestation are seen. Severe structural damage is less common than with subterraneans.

Dampwood. These live inside damp wood in relatively small colonies. Large tunnels are packed with frass, which usually sticks to the galleries but is sometimes seen close to where they're working.

CARPENTER ANTS. These enter through a crack in the foundation, or by a tree or shrub branch touching the house. Trails may lead outdoors to parent nests. One indication of a nest is a faint rustling in the walls.

BEETLES. True powderpost. Females lay eggs in pores of hardwood cabinetry, flooring, furniture, paneling, and picture frames. Larvae produce small, winding tunnels. The beetles eventually leave older wood, but only after causing serious damage.

Deathwatch. Infestations develop slowly but eventually can damage structural timbers extensively. Females lay their eggs in cracks and crevices. Larvae tunnel through the wood, but adults may not emerge for two to three years. Infestations may die out on their own, sometimes because little food is left.

Other wood-boring beetles. These attack dying or freshly cut trees. They may come into houses in infested wood, but most will not reinfest it.

Most structural lumber used in the West is air-dried, not kiln-dried. If the larvae survive milling, they may be built into a house, where they continue to develop until they emerge through holes—sometimes up to five years later.

CARPENTER BEES. These are mainly a nuisance, but their nests can damage wood. Only the females have stingers, but they rarely sting. Adults forage for nectar and pollen.

PINHEAD-SIZE *holes are sign of beetle infestation.*

PREVENTION: CHEAPER THAN CONTROL

Once or twice a year, give your house a thorough checkup (see check list, page 154). Locating and changing conditions that attract wood-destroying insects or encourage the growth of fungus could save costly repairs as well as exposure to chemicals.

When inspecting under a house, wear protective clothing in case long-lasting chemicals have been used. Wear coveralls, a dust mask (a respirator is best), gloves, hat, and rubber boots. Afterward, wash clothes separately, then rinse the washing machine.

Inspect crawl space or basement, foundations of both house and garage, underneath porches, attic, exterior siding, and rafters. Identify potential problem areas. In case you need to make repairs or call in a professional, make notes on a rough plan.

Most wood-destroying pests thrive in humid conditions. Just adding vents in the crawl space or repairing a leak can discourage insects and prevent fungus from developing.

Look for crumbling or discolored wood, exit holes, pellets, sawdust, mud tubes, piles of wings, and swarming insects. To confirm an infestation, circle holes with a permanent marker or place paper directly beneath the suspicious area. Reinspect a month or so later and then several times a year. If new holes are found or frass collects on paper, you know the infestation is active. If you discover problems, you may want to have a professional inspection.

If you find only small amounts of damaged wood, you might be able to replace it. For extensive damage, call a pest control operator or building contractor.

Termites or ants?

Termites have broad waists and slightly concave, bead-like antennae. Forewings and hindwings are about equal length and extend 25 percent beyond the body. The wings have many small veins.

Ants have pinched waists and bent antennae. Wings are not much longer than the body and have few veins; hindwings are much shorter than the forewings.

WHEN IT'S TIME TO CALL IN AN INSPECTOR

Most lending institutions require a professional inspection whenever a house is sold. The company is usually responsible to both the buyer and the seller (this varies from state to state), but is required to give a copy of the report only to the one who paid for it (generally the seller). The seller normally pays for repairs caused by infestations, but this is negotiable.

Even if an inspection isn't required, buyers should ask

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for one; the cost ($100 or more) is minor compared with potential repairs.

For any house, it's advisable to have a professional inspection every two years or so (every year if you've had recent infestations) or if you suspect or know of problems. An inspector may find hidden damage and can also recommend treatments and repairs.

Inspectors must be licensed by the state. Unfortunately, a license doesn't guarantee honesty. Inspections may be superficial or call for unnecessary repairs.

How do you find a trustworthy inspector? Get recommendations from friends or neighbors. Call the state board responsible for pest control licensing (see general information on page 158), the state consumer affairs department, the Better Business Bureau, or the local or state industry association (such as Pest Control Operators of California) to find out if the inspector is licensed and if any complaints have been filed. The licensing board also can tell you if other reports have been recently filed on your house, or if inspection and control data exist.

When an inspection is made on a house that's for sale, how well it's conducted—and the quality of the repairs—will be of most concern to the buyer. It may be to the buyer's advantage to get more than one inspection, especially if estimated repair costs are high.

One way to encourage a thorough inspection is to get involved (if practical). Having some basic knowledge about the insects, fungus, and potential problem areas can be valuable. If you already know of problems, point them out.

Follow the inspector. He or she should check for termites, beetles, ants, decay fungus, and conditions that lead to these problems.

Inspectors thoroughly check accessible areas in the main structure; normally, they won't inspect inaccessible areas (attics without access holes, slab foundations, wall interiors) or unattached structures (other than garages). Inspectors also won't move any items. If you suspect damage in inaccessible areas, arrange to have them checked.

K. BRYAN SWEZEY

USING FIBER OPTICS, *inspector gets a magnified look inside wall behind baseboard for signs of drywood termites.*

OTHER METHODS OF DETECTION

Because a house has so many inaccessible areas, detection by humans has a great potential for error, and some infestations may never be found. Several alternatives, discussed below, are being touted; others are being researched.

Insect-detecting dogs. Similar to airport security dogs tracking narcotics, highly trained beagles sniff out live termites, beetles, and carpenter ants. A trained handler-inspector interprets the dogs' responses.

Recent research conducted at UC Berkeley shows that the dogs have up to a 100 percent success rate (depending on the numbers of insects present) and are particularly useful for detecting infestations in normally inaccessible areas. The dogs can wriggle into tight spaces under foundations and in attics, and smell insects in wood, underneath carpet, behind wallboard, and in concrete cracks.

Before the dog begins, the handler checks for old and new insect infestations, decay fungus, and structural problems that might encourage insects or diseases. Then the dog and handler inspect for termites. Cost is about $185.

Fiber optics scopes (above). These can be used to inspect for drywood termites and beetles inside walls. They can also detect subterranean mud tubes between wall boards. If a check shows a suspected infestation, this method can determine its extent.

Small (⅜-inch-wide) holes are drilled at the base of the wall, and a scope is inserted. The inspector looks through the instrument for frass. If found, more holes are drilled to find how far along the wall the insects have spread.

White powder is sprinkled over the droppings, so later inspectors don't mistake them for a new infestation; the holes are patched, and the house is treated.

Proponents say the method is foolproof. Opponents say that insulation and pipes can inhibit the inspection. It also leaves patched holes.

Others. Also being used are methane gas detectors (insects give off methane during digestion) and ultrasensitive listening devices.

DECIPHERING AN INSPECTION REPORT

Regulations vary, but states generally require that inspectors complete a standardized report. Every part of the structure that is checked must be identified. If you weren't the one who ordered the work, look on the report to find out whether it was a complete inspection and if all structures on the property were checked.

The inspector must list insects, fungus, and conditions that cause them, diagram their location, explain the findings, and recommend controls. If the inspection company does repairs, it gives a cost estimate. Make sure you understand the seriousness of each recommendation, so you can decide whether and when to make repairs.

If the building has inaccessible areas, the inspector must note these on the report and state whether further investigation is necessary.

In California and Texas, a tag containing the firm's name and the date of inspection must be posted. In California, reports are filed with the state and are valid for two years. Other states don't require filing.

In some states, after repairs are done, the firm must mask drywood termite holes and make sure all mud tubes have been knocked down so a future inspector won't identify them as new infestations.

Also in California, another tag (posted next to the inspection tag) identifies any pesticides used, along with the firm name and date completed. Then all problem areas in the first report are rechecked and noted as completed or not in a work completion form that's also filed with the state. If the homeowner does the work, no form is filed, but another inspection can be ordered to recheck the structure.

Arizona requires that a report be filed stating the results of the inspection and chemicals used for treatment. Other states may require only that the pest control operator keep records of work done. Repairs aren't required by law, although lending institu-

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Easy preventive and corrective measures

Regular maintenance

- Fix downspouts; clean out gutters.
- Fix drips or leaks (faucets, water heaters, dishwasher, evaporative cooler).
- Seal windows, shower doors.
- Control condensation (add double-pane windows).
- Fix rotting sills, steps, eaves.
- Repair cracks, foundation openings; use cement grout or roofing-grade coal tar.
- To deter ants, plug gaps where electrical and water lines enter house; use plastic caulk.
- Replace toilet gasket if floor is moist.
- Paint and varnish regularly.
- Scrape soil away from foundation (to expose top 6 to 8 inches).
- Prune back branches that touch roof or house.

One-time measures

- Remove stucco in contact with soil.
- Screen attic vents with fine mesh (door screen).
- Add new crawl space or basement vents (screened on inside) as necessary to get rid of moisture.
- Replace earth-to-wood contacts (18 inches of clearance between floor joists and soil; 12 inches between floor beams and soil).
- Where practical, replace damaged wood with wood that's been treated with a preservative.
- Clean wood debris from under house.
- Add sand barrier.
- Dust wall voids with borate insecticidal dust or silica aerogels (during construction or after).

Other precautions

- Don't store firewood indoors.
- Store wood away from the house; elevate it.
- Remove bark from logs.
- Remove decorative wood (stumps, driftwood).

tions usually require that major damage be repaired. Carefully determine the extent of repairs made.

FIND A COMPANY THAT GUARANTEES ITS WORK

Repair estimates can vary considerably. Part of the disparity may be traced to the choice of control or type of structural repairs needed. It also may be a result of professional judgment and, in a few cases, unscrupulous operators. That's why it's worth getting two or more bids.

Ask companies if they guarantee their work, then get a guarantee in writing. Many companies give one- or two-year guarantees. Unfortunately, a guarantee doesn't mean your house is free of pests, especially if treatment was localized.

You may be able to remove wood debris and replace boards damaged by decay fungus. But you'll need to hire a pest control company or contractor for major jobs.

Some states have had serious problems with fraud. The subcontractor underbids the cost of the control and then dilutes the chemical, sprays water, or doesn't do the work at all. This was a particular problem in Arizona in the early '80s, when new houses were supposedly pretreated.

Use the same caution when hiring a pest control company as you do with an inspector.

TREATING FOR INSECTS, WHAT ARE THE OPTIONS?

At present, chemicals are the commonest way to control wood-destroying insects. Companies that apply them are highly regulated.

If applied in the right concentration, at the right temperature, and—in the case of fumigation—with proper aeration, approved chemicals are considered safe to use. In most cases, problems arise only when chemicals are applied improperly.

In spite of the safety records, the public increasingly distrusts pesticides; this has helped initiate research and development of nontoxic ways to control wood-destroying pests. Some are now available in large metropolitan areas.

The best way to reduce or eliminate the use of toxic chemicals is with preventive strategies, such as eliminating moisture leaks and ventilating a house, which can be just as critical as getting rid of pests.

Determine which treatments will have the least risk and still solve the problem. For instance, when treating a carpenter ant nest, choose a chemical with low toxicity to mammals (a pyrethroid like permethrin is much less toxic than chlorpyrifos). If you have to treat for drywood termites, consider heat fumigation (if available) instead of chemical fumigation.

Successful treatment also includes regular monitoring to determine whether additional controls are needed.

TRADITIONAL CONTROLS

Chemical fumigation. To control drywood termites and beetles, most homes are treated with poisonous gases, such as sulfuryl fluoride or methyl bromide, that penetrate wood. Fumigation provides no residual protection. Cost: $1,000 to $2,000, depending on house size.

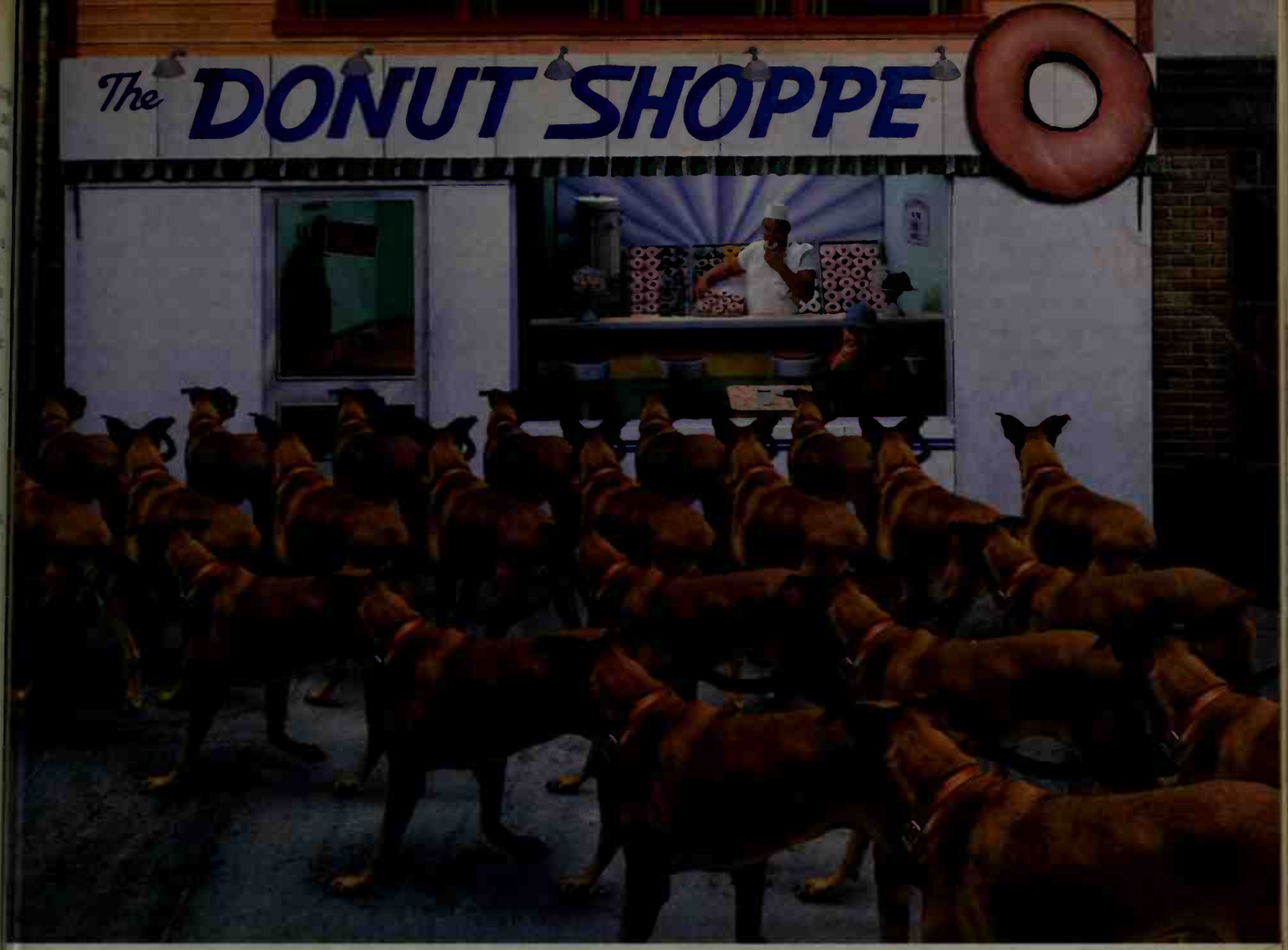
Most infestations develop slowly. If you plan to sell your house in a few years, you can put off treatment of small infestations until it's time to sell. Or you can have localized treatment ($150 to $250), although some companies that guarantee their work won't take the risk.

When a house is sold, most lending institutions require that it be guaranteed free of wood-destroying insects. Since it's difficult to detect every infestation, a full fumigation is usual if any insects are present. Fumigation is also normal practice for large or inaccessible infestations.

A major drawback of fumigation is that the house must be vacated of people, pets, and plants for 24 to 48 hours. Also, all medicine and fresh food—including food in cupboards, the refrigerator, and the freezer—must be removed or stored in metal or glass containers; most plastic bags do not exclude the fumigant.

Outdoors, because the tent

INSECT-DETECTING DOG, *directed by inspector's pointer, finds live wood-destroying pests wherever they're hiding—in walls, crawl spaces, colonies in the ground, attics.*



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has to be draped over the entire structure, anything on or right next to the house—antennas, weather vanes, plants—must be removed; plants that can't be pulled aside may be destroyed.

Methyl bromide is often used, but it can react with rubber carpet padding, leather, and other items, leaving a permanent rotten egg odor. Sulfuryl fluoride is a slightly more expensive alternative without this drawback.

After fumigating and aerating, the operators test the inside air to make sure the house is safe to reoccupy. If the correct procedures are followed, there should be no aftereffects.

Chemical barriers for subterranean termites. After making structural changes and knocking down mud tubes, you control subterraneans by applying a chemical barrier to the soil around the outside of the foundation and under the house to exclude them. Cost: $250 to $500.

For the barrier to be effective, coverage must be complete. Most fail because of gaps or untreated areas.

The most thorough way to treat soil is to dig trenches and flood them with chemicals. Some companies inject chemicals into the soil a foot or so apart. However, the chemicals don't spread out well in clay soil; in this case, trenching is better.

The only way to treat under slab foundations is to drill through them and inject the chemical; holes are sealed afterward. Liquid applications may leave untreated gaps; foam usually covers better.

Chemicals are either an organophosphate, such as chlorpyrifos, or a pyrethroid, such as permethrin. Depending on the climate and soil type, treatment may last three to five years or longer (less in very wet or hot, dry climates). Data indicate that pyrethroids last longer in desert climates. Elsewhere, the organophosphates appear to last longer. All chemicals last longest under slab foundations, where they're protected.

To get rid of odors after chemicals are applied, keep the house well ventilated for a day or two.

ALTERNATIVE CONTROLS

Heat fumigation. Killing insects with heat is not a new idea, but the current technology—tenting a house and using propane heaters to pump in hot air—is now being used, mostly in California, to control drywood termites, beetles, and household pests (ants, cockroaches, fleas). Like chemical fumigation, it provides no residual protection. To kill wood-destroying insects, the internal temperature of the wood members must reach at least 120°, which means heating the structure to 140° to 150°.

Heat fumigation costs 10 to 30 percent more than traditional fumigation. It's completely nontoxic and also doesn't require that you move out overnight. Guarantee is usually one year.

You can have a partial treatment or full tenting. To prepare for heat fumigation, some items (stereos, computers) have to be removed or insulated. Outdoors, some plants may get in the way, but escaping heat won't kill them.

Some researchers say that more scientific data are necessary to prove that this method is totally effective.

Liquid nitrogen, heat strips, and radiant heat. All provide nonchemical control of drywood termites. They are

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used in combination or alone. Cost: $1,000 to $2,000. Work is guaranteed two years.

When injected into walls through small holes, liquid nitrogen lowers the temperature of wood to -20° and freezes any insects that are present.

Heat strips and radiant heat raise the temperature of the wood's core to 135°. Strips are normally applied to beams and exposed wood. Radiant heat is used where liquid nitrogen might damage pipes or windows.

For these methods to be effective, the house must be inspected very thoroughly to find all insect colonies.

Many experts say that it's impossible to find and treat all infestations. Also, some question whether the liquid nitrogen can freeze all wood members thoroughly enough to kill the insects.

Borate insecticide. For years, borate has been widely used as a wood preservative and poses no significant risk to humans or animals. A new insecticidal formulation with residual qualities not only controls existing termites, carpenter ants, beetles, and decay fungus, but also inhibits new infestations (but only in treated areas). Cost: $200 to $500.

The insecticide can be brushed or sprayed onto wood, or injected or dusted into tunnels or voids (by a licensed pest control operator).

Borate-treated wood for preventive control will be available at lumberyards in Hawaii this fall. It is suitable for indoor and protected exterior use only, because the chemical can be leached out if water-soaked or in contact with the ground.

Sand barriers. These hinder subterranean termite activity. In Hawaii, basaltic sand barriers have been used for several years, particularly in new construction against the Formosan subterranean termite. Studies are testing their effectiveness on the Mainland.

To reduce the amount of chemicals used by at least 60 percent, the one company in California that provides sand barriers uses 3-inch-thick barriers along foundations and around structural members in basements and crawl spaces. Cost: $1,000.

If the right mix of particle sizes is used, the sand keeps termites at bay because they can't crawl through it. Left

DARROW M. WATT

PROFESSIONAL *pest control operator treats trench along foundation with insecticide to control subterranean termites.*

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K. BRYAN SWEZEY

FOR HEAT FUMIGATION, *tented garage is warmed to 150° using a propane heater; fans circulate air for even distribution.*

undisturbed, barriers may work indefinitely.

In new construction, the sand can be placed under slab foundations. Existing foundations must have access through a crawl space or basement.

Parasitic nematodes. Although nematodes kill subterranean termites in the lab, no one has proved they do in the home. A few companies swear by them, and research continues. They are harmless to humans and animals. Treatment: $800 and up.

These microscopic organisms kill termites 24 to 48 hours after ingestion. Before dying, infected termites return to the nest and infect the colony. A nematode bait is in the development stage.

Electrical current. An electrical gun kills drywood termites and wood-boring beetles with high voltage and high frequency at low current. The gun shoots electricity into tunnels and electrocutes the insects it contacts. If it doesn't get the insects directly, it breaks down their digestive systems. The operator treats known infestations first and then targets areas of the house where insects are most likely to be hiding, even if no signs are evident. Cost averages $800 to $1,200.

Some experts say that it's difficult to pinpoint all infestations. But the work is guaranteed.

For the future. Other low-toxicity methods being researched include baits and insect growth regulators to attract and kill insects.

CONTROLS FOR CARPENTER ANTS AND BEES

Often homeowners can control these pests without calling in a professional.

Carpenter ants. A large colony can do considerable damage in a short time. They're also difficult to control because you have to locate the parent nest outdoors and satellite nests indoors. Control costs $500 to $700.

Look for trails, usually at night, although in certain seasons they may travel during the day. Indoors, ants often travel on water pipes and wiring. Outdoors, trails lead toward evergreen trees and shrubs or stumps. Make sure you identify the ants accurately; other ants look similar.

If you find a nest indoors, vacuum up the ants, tightly enclose the vacuum bag in a plastic bag, and toss it in the garbage. Or kill the ants with a pyrethrin insecticide. Replace severely damaged wood.

You can inject low-toxicity desiccating dusts (silica aerogel, silica aerogel with pyrethrum) or boric acid (used for cockroach control) into door jambs, headers, stud spaces, and apply them in the attic.

To get into walls, drill ⅛-inch holes at every stud space. If you're using dusts where people or pets might come into contact with them (like the attic), use plain silica gel. Always wear a dust mask. More toxic chlorpyrifos and bendiocarb dusts are typically used.

Since ants crawl along wires, also treat behind electrical boxes. Turn off the main power switch, remove electrical face plates, and spray desiccating or insecticidal dusts into the walls. You can also form a chemical barrier to stop foraging ants.

To prevent ants from getting inside, treat the line where your foundation meets the soil indoors and out. Apply either a liquid or granular pyrethroid, such as resmethrin (many pest control companies use more toxic organophosphates, such as chlorpyrifos or diazinon).

Outdoors, prune plants to at least a foot away from the house. Treat the parent nest with pyrethrin or a pyrethroid (or chlorpyrifos or diazinon).

Carpenter bees. If the bees become a problem, you can kill them with pyrethrin or other insecticide (sold for wasp control). Apply at night when bees are inactive.

Once bees have been killed, plug holes with steel wool and then cover with fine mesh screen. Replace severely damaged wood. Paint or varnish exposed wood.

IF YOU'RE DISSATISFIED WITH A PRO'S WORK

First, try to resolve your problem with the company involved. If you're still not satisfied, you can call the state board responsible for pest control licensing.

Inspection reports and notices of work completed and not completed generally have a two- to three-year statute of limitations from the dates of the reports. Find out what the statute of limitations is when you request a form.

The state board will try to mediate your complaint. If you can't come to any agreement, you may have to take civil action. ■

Where to get more information

Cooperative extension office (look under county government in the telephone book). Has bulletins on identification and control; can also identify insects or direct you to someone who can.

State pest control agency. Arizona, California, and Texas have independent boards; in other states, it may be part of agriculture department. Call about inspections, licensing, and complaints.

ALTERNATIVE CONTROLS

Etex, Ltd., Box 80807, Las Vegas 89180; (702) 382-3966. Electro-Gun distributor to licensed pest control operators.

Isothermics, Inc., 9311 Loma Ave., Villa Park, Calif. 92667; (714) 974-0987. Heat fumigation.

Live Oak Structural, 801 Camelia St., #B, Berkeley 94710; (510) 524-7101. Sand barriers.

Organic Pest Management, Box 55267, Seattle 98155; (206) 367-0707. Uses least toxic controls for beetles, carpenter ants.

Tadd Services Corp., 1617 Old County Rd., Suite 4, Belmont, Calif. 94002; (800) 345-8233. Provides dogs that detect wood-destroying insects.

Tallon Termite & Pest Control, 1949 E. Market St., Long Beach, Calif. 90805; (310) 422-1131. Liquid nitrogen, heat strips, radiant heat systems, and nematodes.

United States Borax & Chemical Corp., 3075 Wilshire Blvd., Los Angeles 90010; (213) 251-5400. Borate insecticide and wood preservative.

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How to sponge on paint

One of many ideas from a new Sunset book

SOME WALLS DO talk—or at least they can make a statement. A new 128-page guide helps you make your walls say what you want them to by choosing what covers them.

You'll learn all the ways you can treat your walls in *Decorating with Paint & Wall Coverings* (Sunset Publishing Corporation, Menlo Park, Calif., 1991; $8.95; if ordering by mail, add $2.50 for shipping; California and Washington residents, please add the appropriate sales tax). A useful first chapter on color and design helps you learn through observation how colors, patterns, and textures are used, making it easier for you to narrow your own design decisions.

The four chapters that follow cover the ways you can treat a wall: paint, wallpaper, fabric, and paneling.

Here we show a decorative technique—sponging on paint. It's the easiest of the many techniques highlighted in the painting chapter.

Sponging leaves a mottled impression on the wall. You can use one or several layers of a thinned latex paint. Or use a glaze.

Pastel colors over an off-white wall will produce a fresh look; a dark color over a light background will create a bold, dramatic look. Variations of the same color can help give the wall—or whatever surface you're working—a feeling of depth. With multicolor applications, the last color applied will be the dominant one.

A large, flat, medium-pored sea sponge is best for the technique. Find one at decorating and art stores, bath shops, and cosmetic departments of drug or health-food stores. Ask for a wool sponge rather than a grass one. Slice round sponges in half to get a flat surface. ■

TOM WYATT

1 **AFTER MOISTENING** *a sea sponge in water and wringing well, dip it into thinned paint wash, then squeeze until it just barely stops dripping.*

2 **DAUB SURFACE** *lightly with sponge, rotating it when you lift it to vary pattern you're creating. Reload sponge as color fades.*

3 **WORK SPONGE** *into corners as well as you can; be careful not to jam it in, or color will be heavier there than elsewhere on the wall.*

4 **IN CORNER AREAS** *where sponge will not reach, use a fine artist's brush to make dots simulating mottled impressions of sponge.*

5 **LET ENTIRE** *sponged surface dry completely. If desired, apply a second color, following the same procedure as in previous steps.*

6 **LET SECOND** *sponged color dry completely. If desired, apply a third color. Final result should be a pleasing blend of colors.*

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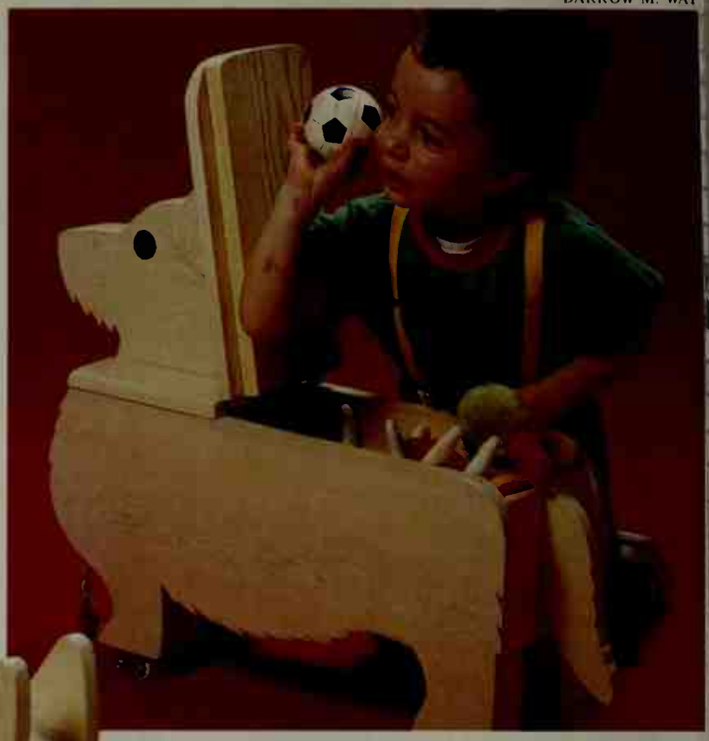


POOCH OF PINE BOARDS *can be walked, ridden, or opened to store toys. We gave this one a semitransparent white finish; if you plan to paint the dog, start with a half-sheet of ¾-inch plywood or particle board.*

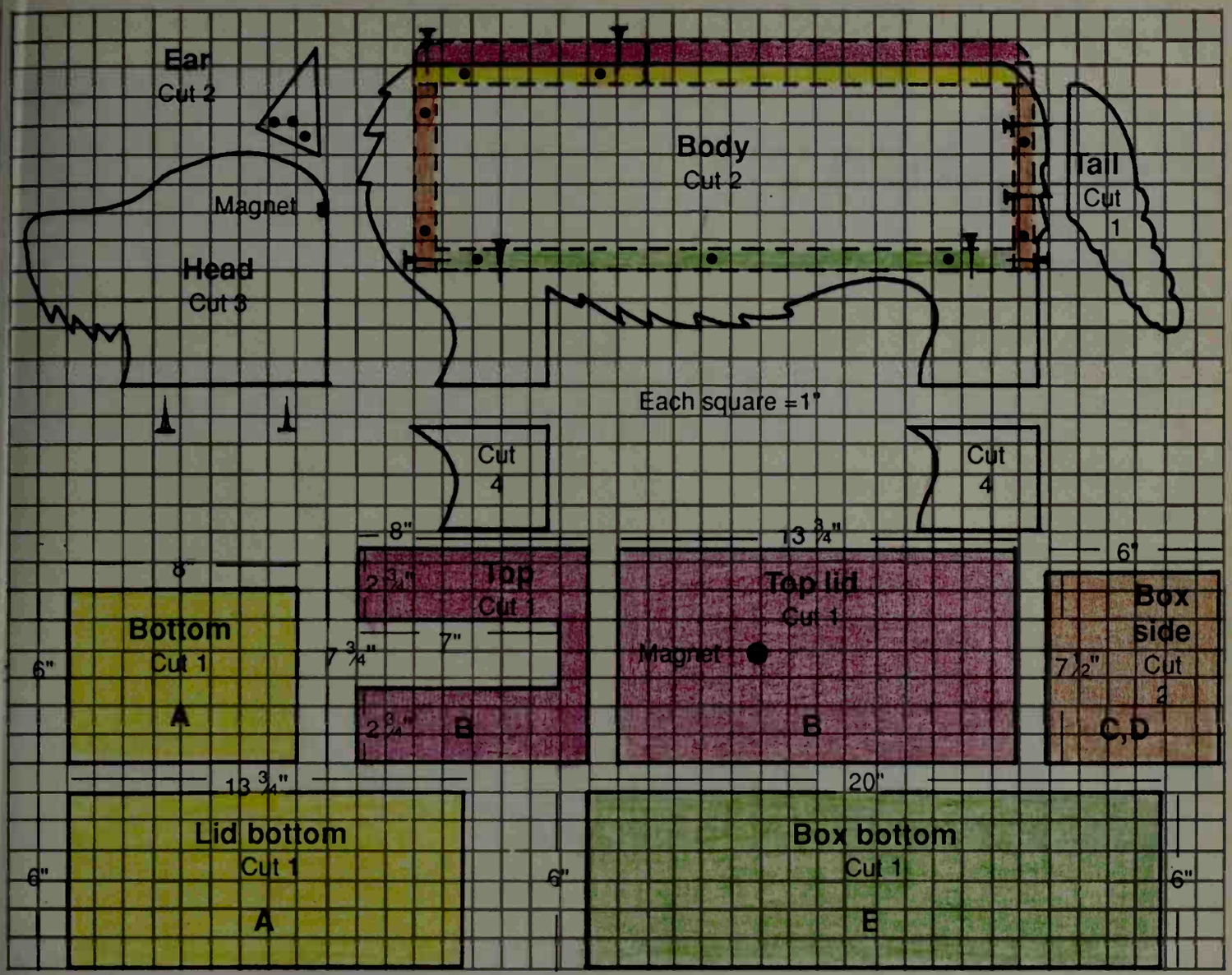
For pulling or storage, it's a sturdy Scottie

THIS STURDY AND stoic life-size wooden Scottie will put up with almost anything a child can dish out. It's strong enough for adults to sit on, and rolls around on refrigerator wheels mounted to the bottom of its broad-based paws. Because it has a storage area, it can lead a double life as a small toy box.

The Scottie starts out as lengths of 1-by-12 and 1-by-8 clear pine. The form is basically a 7½-inch-wide box with a dog's profile. You add the head and reinforce the legs with short pieces of pine.

Use a saber, jig-, or band saw to cut the intricately shaped pieces and a hand- or power saw for the straight pieces. Besides the materials listed in the box on the facing page, you'll need a screwdriver, a hammer, a nail set, a sander, sandpaper or a wood rasp, a drill with 1/16- and ¾-inch bits, and polyurethane.

Using the diagram on the opposite page, trace and cut out the parts. The body sides and the head silhouettes are cut from the 1-by-12, the other parts from the 1-by-8. Start assembly by gluing and screwing together the main body pieces. Butt the side pieces (C and D) against the



COLOR TONES *on body show side view of inner box pieces. Cut shapes from cardboard, then trace onto wood and cut out. Screws hold head, tail, and sides to the inner box.*

MATERIALS

- 1 8-foot 1-by-12
- 1 8-foot 1-by-8
- Wood glue
- About 23 2-inch #6 flat-head woodscrews
- About 20 1¼-inch (3d) finishing nails
- 2 2-inch butt hinges
- Stainable wood putty
- Wood stain, clear sealer, or paint
- 1 round magnetic catch (¾ inch)
- 4 refrigerator wheels
- An eye screw and a leash

box bottom (E) first, then add the body silhouettes, making sure they clear the side pieces by ¾ inch. Use a 1/16-inch bit or a #6 pilot bit to prevent splitting.

Nail the three head shapes together and sand to even the edges. Center the head on the shorter part of piece A, then glue and screw the head in place. Measure and cut the notch in the shorter part of piece B so it slips around the head (over piece A). Glue and nail piece A to piece B. Place the mounted head at top front (piece A fits between the sides, B rests on top); glue and screw into the top edges of the sides.

The other halves of A and B make a lid that covers the rest of the box. To ensure an easy fit, sand the edges of A so they clear the sides. Center, glue, and nail it to the remaining length of board B. Add the hinges where the halves of B butt together.

Glue and nail two leg sections to the inner face of each leg. They'll reinforce the bottom of the storage compartment and make a wide enough surface for mounting the wheels. Glue and nail on the ears, and glue and screw on the tail. Then use a wood rasp to gently round any exposed square edges.

Set the nails, fill all nail and screw holes with wood putty, and sand the surfaces smooth. We applied a semi-transparent white stain to the dog's body and finished with a coat of mat polyurethane.

When the surfaces have dried, mount the magnetic catch—one part in the back of the head, and the other in the top of the lid—so the pieces will lock together when the lid is open. Using a ¾-inch spade bit, countersink and glue both parts of the catch so they barely extend above the wood surface. Screw the wheels (using screws that come with them) to the legs. Last, set an eye screw just below the dog's head for a leash. ■

November Menus

QUICK, SEASONAL, AND BUDGET-WISE . . . FOR FAMILY AND FRIENDS

Restore body and soul with quiet meals at home before the madness of holiday activities arrives. By the fire, enjoy a turkey soup like Grandma used to make. For a lazy meal, bake beans and sausage in the oven as you relax. Dinner and movies come home with sandwiches in front of the VCR.

POST-THANKSGIVING SUPPER (at right)
Once broth is made from turkey carcass, Grandma's soup goes together in under 30 minutes. Enjoy it by the fireplace with leaf-stenciled bread slices and gingerbread.

WEEK-NIGHT OVEN SUPPER (page 166)
Beans and sausages bake separately at first to minimize fat, then together to brown for a sit-and-wait supper.

STEAKWICHES AT THE MOVIES (page 168)
Cabbage-turnip slaw adds crunch to steak sandwiches. Offer pears and nuts for dessert or movie snacks.

THE DETAILS

Soup Containers

Use a pumpkin shell (fresh or ceramic), tureen, pan, or insulated container.

Stencil Decorations

Cut-out stencils, doilies, and leaves create pattern on bread and gingerbread.

Orange Blossoms

Score orange skin into 5 sections, then peel back and roll for blossom shape.

Ginger Options

Flavor gingerbread with fresh ginger, dried ginger, or crystallized ginger.

PETER CHRISTIANSEN

POST-THANKSGIVING SUPPER

Grandma's Turkey Soup

Leaf-embossed Toast

Orange Blossoms

Warm Gingerbread

Milk or Beaujolais Nouveau

Use the Thanksgiving turkey for this soup. Reserve meat and make a broth from the carcass up to 2 days ahead. Once the broth is done, the menu goes quickly.

The gingerbread can be made a day ahead, or baked during dinner to serve warm. If desired, score and peel oranges to resemble blossoms (see page 165 for directions). While the turkey meat heats in the soup, bake the decorated bread slices.

Grandma's Turkey Soup

To serve soup in a large, hollowed-out pumpkin, fill pumpkin with boiling water; let stand about 10 minutes. Empty shell; fill with soup.

- 1½ cups thinly sliced carrot
- 1½ cups thinly sliced celery
- 1 cup chopped onion
- 1 can (14½ oz.) stewed tomatoes, chopped
- ⅓ cup long-grain white rice
- Turkey broth and meat (recipe follows)
- Salt and pepper

In a 6- to 8-quart pan, combine carrot, celery, onion, tomatoes, rice, and broth. Bring to a boil. Cover and simmer until carrot is tender to bite, about 20 minutes. Add turkey (reserved from broth); simmer until hot, about 5 minutes. Add salt and pepper to taste. Transfer soup to a container (see page 165). Serves 6 to 8.

Per serving: 247 cal.; 26 g protein; 5.3 g fat (1.5 g sat.); 24 g carbo.; 314 mg sodium; 54 mg chol.

Turkey broth and meat. Pull meat off a **roast turkey carcass;** reserve meat (you need 3 to 4 cups bite-size pieces to use in soup, preceding). If done ahead, wrap and chill meat up to 2 days.

Break carcass into quarters; gather in cheesecloth and tie shut. Place in an 8- to 10-quart pan. Add 2 quarts **regular-strength chicken broth,** 2 medium-size (about 1 lb. total) **onions,** chopped; 2 large stalks (about 6 oz. total) **celery,** chopped; 2 large (about ½ lb. total) **carrots,** chopped; 1 tablespoon *each* **dried rubbed sage** and **dried marjoram leaves;** 4 cloves **garlic,** minced or pressed; 3 **dried bay leaves;** and ½ teaspoon **pepper.**

Bring broth to a boil. Cover and simmer for about 3 hours. Lift carcass from broth; drain and cool. Remove cloth and separate meat from bones. Add meat to reserved turkey to use in soup; discard bones. (If made ahead, cover and chill meat up to 2 days.)

Pour remaining broth through a colander set over a large bowl; discard vegetables. Skim fat. If needed, add water or boil, uncovered, to make 2 quarts. (If made ahead, cool broth, cover, and chill up to 2 days. Spoon off any fat.)

DARROW M. WATT

SAUSAGE AND BEANS BAKE *together for a supper casserole; serve with mixed greens and oatmeal cookies.*

Leaf-embossed Toast

- 6 to 8 slices dark rye bread
- About 2 tablespoons olive oil
- About ⅓ cup grated parmesan cheese

On piece of paper about the size of a slice of bread, cut out a leaf shape.

Lay bread in a single layer on 12- by 15-inch baking sheets. Brush tops lightly with oil. Set leaf stencil on bread and sprinkle cheese generously over cutout. Carefully lift off stencil. Repeat for remaining slices.

Bake in a 450° oven until bread is crisp, about 5 minutes (watch closely to prevent burning). Serve warm. Makes 6 to 8 pieces.

Per serving: 123 cal.; 4 g protein; 6 g fat (1.8 g sat.); 13 g carbo.; 232 mg sodium; 4.2 mg chol.

Warm Gingerbread

For stencil patterns, see suggestions on page 165.

- ¼ cup (⅛ lb.) butter or margarine, at room temperature
- ¼ cup granulated sugar
- 1 large egg
- ½ cup light molasses
- 1¼ cups all-purpose flour
- 1 teaspoon baking soda
- ¼ teaspoon *each* ground nutmeg and salt
- 1 teaspoon ground ginger, or 1 tablespoon minced fresh ginger, or 3 tablespoons minced crystallized ginger
- ½ cup hot water
- About 1 tablespoon powdered sugar

Cream butter, granulated sugar, and egg until blended. Beat in molasses. Mix flour, soda, nutmeg, salt, and ginger. Add to egg mixture alternately with water. Mix until smooth. Spread into a greased and floured 8- to 9-inch-diameter cake pan.

Bake in a 350° oven until a toothpick inserted in center comes out clean, 25 to 30 minutes. Cool in pan on a rack until just warm to touch, about 15 minutes. Turn cake out onto a rack. Set serving plate over cake and invert together so top of cake is up. Just before serving, sift powdered sugar over stencils on cake. Lift off stencils. Serve warm or cool. Serves 6.

Per serving: 285 cal.; 3.8 g protein; 9 g fat (5 g sat.); 48 g carbo.; 324 mg sodium; 57 mg chol.

LAZY WEEK-NIGHT OVEN SUPPER

Baked Beans with Sausage

Mixed Green Salad with Vinaigrette

Milk or Hard Cider

Oatmeal Cookies

You can start the beans and sausage the night before

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for a simple just-heat meal the next day, or make it from scratch in one night. Both the beans and the sausage cook unattended in the oven, giving you time to relax.

For the salad, mix a tangy vinaigrette with rinsed and crisped greens or purchased mesclun.

Baked Beans with Sausages

- 1 large (about 12 oz.) red onion, chopped
- 3 cans (15 oz. each) pinto beans, drained and rinsed
- 1 can (20 oz.) pineapple chunks, drained, or 1½ cups bite-size pieces peeled, cored fresh pineapple
- 1 tablespoon mustard seed
- 1 teaspoon coriander seed
- 4 cloves garlic, minced or pressed
- ½ cup light molasses
- ⅓ cup *each* catsup and firmly packed brown sugar
- About 2 pounds mild or hot Italian sausages
- Fresh pineapple slices and chopped red onion (optional)

In a 2½- to 3-quart shallow baking dish, mix chopped onion, beans, pineapple chunks, mustard seed, coriander seed, garlic, molasses, catsup, and sugar. Cover dish. Place sausages in a 9- by 13-inch baking pan. In a 350° oven, bake beans and sausages for 1 hour. Turn sausages occasionally to brown evenly, then drain off excess fat.

Uncover beans and nestle sausages into beans. (If made ahead, cool, cover, and chill up until next day.) Cover and continue baking for 1 hour (add 15 minutes if made ahead); uncover for the last 5 minutes to brown sausage. Let dish cool for about 10 minutes. If desired, garnish with pineapple slices and red onion. Makes 6 to 8 servings.

Per serving: 517 cal.; 24 g protein; 23 g fat (7.6 g sat.); 56 g carbo.; 1,139 mg sodium; 65 mg chol.

DARROW M. WATT

STEAK AND SLAW SANDWICH *stars in an easy dinner for a movie-viewing evening; pears and nuts are for dessert.*

STEAKWICHES AT THE MOVIES

Steakwiches with Slaw
Celery and Olives
Winter Pears
Almonds and Walnuts
Milk or Beer

Try this casual, hands-on meal while watching movies at home.

One marinade seasons meat and slaw. You can marinate the meat up to a day before. To assemble the sandwiches, quickly broil the beef, mix the slaw, and toast the rolls. Offer celery and olives to eat with sandwiches.

Steakwiches with Slaw

- 1½ pounds boneless beef sirloin steak, about 1 inch thick, fat trimmed
- Marinade (recipe follows)
- 6 onion sandwich rolls
- 2 cups *each* finely shredded red cabbage and turnip
- 6 lettuce leaves, rinsed and crisped

In a heavy plastic bag, coat steak with ¾ cup marinade; seal bag. Chill at least 1 hour or up until next day, turning occasionally. Reserve remaining marinade for the cabbage-turnip slaw.

Lift steak from bag, draining off and discarding excess marinade. Place the steak on a rack in a 10- by 15-inch broiler pan. Broil 4 inches from the heat, turning once, until meat is done to your liking in the thickest part (cut to test), about 12 minutes total for medium-rare.

Split rolls; place, cut sides up, on a 12- by 15-inch baking sheet. Broil about 4 inches from heat until lightly toasted, about 1 minute.

Mix cabbage, turnip, and reserved marinade for slaw.

Cut steak crosswise into very thin slices. Set rolls on plates, toasted sides up. Lay ⅙ of the lettuce, slaw, and beef on each. Cover with roll tops. Serves 6.

Per serving: 430 cal.; 32 g protein; 17 g fat (4 g sat.); 36 g carbo.; 478 mg sodium; 78 mg chol.

Marinade. Whisk together ½ cup *each* **olive oil** and **balsamic** or red wine **vinegar,** ¼ cup **lemon juice,** 2 tablespoons **Dijon mustard,** and 2 teaspoons **prepared horseradish.** ■

To use our nutrition information

Sunset recipes contain nutrition information based on the most current data available from the USDA for calorie count; grams of protein, total fat (including saturated fat), and carbohydrate; and milligrams of sodium and cholesterol.

This analysis is usually given for a single serving, based on the largest number of servings listed for the recipe. Or it's for a specific amount, such as per tablespoon (for sauces), or by a unit, as per cooky.

The nutrition analysis *does not include* optional ingredients or those for which no specific amount is stated (salt added to taste, for example). If an ingredient is listed with an alternative—such as unflavored yogurt or sour cream—the figures are calculated using the first choice. Likewise, if a range is given for the amount of an ingredient (such as ½ to 1 cup butter), values are figured on the first, lower amount.

Recipes using regular-strength chicken broth are based on the sodium content of salt-free homemade or canned broth. If you use canned salted chicken broth, the sodium content will be higher.

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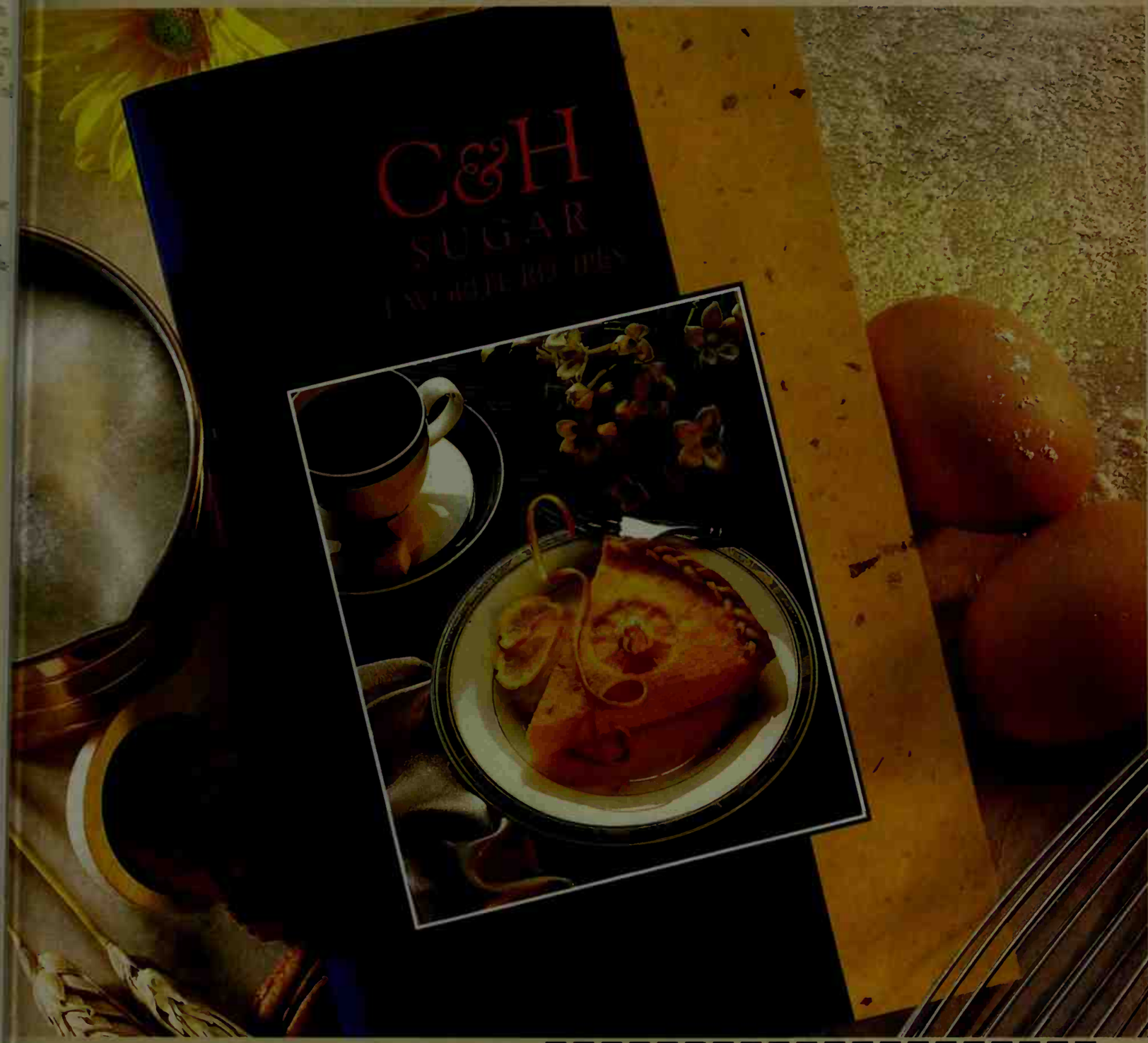

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PETER CHRISTIANSEN

MASA BISCUITS *top rich-tasting chicken filling in lean, deep-dish version of tamale pie.*

Our tamale pie needed a major overhaul

ONE OF THE TRICKS TO lightening up your favorite recipes, aside from simply reducing the fat, is to change the flavor as little as possible. This can be difficult, especially with recipes that need major overhauls to lower fat and calorie content.

Such was the case with our *mucbil-pollo,* the Yucatán tamale pie featured on page 104 of the May 1980 *Sunset.* With 1⅓ cups of lard in the thick masa crust, the recipe weighed in at a whopping 1,300 calories per serving!

We eliminated the lard and put the crust on top of the filling instead of around it. The result, which is 75 percent leaner, looks more like a cobbler than a tamale pie. But, by keeping the achiote condiment in the filling and the masa flour in the crust, the updated dish retains much of its authentic flavor.

Accompany the pie with a lean, refreshing salad of grapefruit segments and orange and apple slices, dressed to taste with lime juice, minced cilantro, and salt.

Lightened-up Yucatán Tamale Pie

Buy the rust-hued achiote condiment in Hispanic markets, or use the substitute.

- 3 ounces achiote condiment or achiote substitute (recipe follows)
- 2 cups regular-strength chicken broth
- 2 tablespoons minced fresh or 1 teaspoon dried mint leaves
- ⅛ teaspoon anise seed
- 3 cups skinned and boned cooked chicken, cut into bite-size pieces
- 2 large (about 1¼ lb. total) onions, chopped
- 2 large (about 1 lb. total) tomatoes, cored and cut into wedges
- 2 tablespoons cornstarch mixed with ¼ cup water
- Masa topping (recipe follows)
- Cilantro (coriander) sprigs

In a 1½- to 2-quart pan, combine the achiote condiment with ½ cup broth. With a heavy spoon, work into a smooth paste. Stir in remaining broth, mint, and anise. Bring to a boil over high heat, then simmer, uncovered, for 5 minutes; stir often to prevent sticking. If made ahead, cool, cover, and chill up until next day.

Mix achiote sauce, chicken, onions, tomatoes, and cornstarch mixture. Spoon into a 2- to 3-quart deep casserole and spread into an even layer. Spoon dollops of masa topping over filling.

Bake on the bottom rack of a 400° oven until filling is bubbling in center and topping is well browned, 45 to 55 minutes. Remove from oven and let stand 5 minutes before serving. Garnish with cilantro sprigs. Serves 6.

Per serving: 320 cal.; 26 g protein; 10 g fat (2.18 g sat.); 31 g carbo.; 214 mg sodium; 63 mg chol.

Per serving of original pie: 1,300 cal.; 39 g protein; 105 g fat (38 g sat.); 51 g carbo.; 976 mg sodium; 295 mg chol.

Achiote substitute. Mix together 3 tablespoons **paprika,** 2 tablespoons **distilled white vinegar,** 1½ teaspoons dried **oregano** leaves, 3 cloves **garlic** (minced), and ½ teaspoon ground **cumin.**

Masa topping. In a bowl, combine ½ cup **masa harina** (dehydrated masa flour), ½ cup **all-purpose flour,** and 1½ teaspoons **baking powder.** Mix in 1 large **egg white,** 1½ tablespoons **salad oil,** and ½ cup **nonfat milk** until just blended. ■

FESTIVE AVOCADO PASTA PRIMAVERA

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Holiday Entertaining

To ring in the holidays, we bring you this special section with party menus and party dishes that have an unusual bonus. We've taken a hard-line approach to fats, and made them work hard to earn their place in our recipes. Overindulgence is inevitable at this time of year, and our goal has been to reduce fat's impact but without spoiling the fun in foods. Here, you'll find lavish appetizers, showy vegetables and grains, even desserts, for grand dinners from Thanksgiving to Christmas.

Cheers to the holidays with a trim beef fillet Christmas dinner (page 190).

DARROW M. WATT

Thanksgiving begins with smoked salmon, Belgian endive (red or white), and mustard-dill sauce (page 180).

Showpiece appetizers

Big, handsome, and make-ahead: those attributes make these showpiece appetizers ideal for entertaining. The first dish is a savory cheesecake pungent with the bite of Roquefort cheese but lightened up with a ricotta base. Spread it onto crisp radishes or crackers. The pastrami torte is assembled in layers in a little loaf pan; inverted and sliced, it reveals pepper cheese and pink ribbons of pastrami. Enjoy the torte in small portions on thin toasted bagel slices. And for a wild twist on pizza, bake falafel mix in a precooked crust. Cut the pizza into thin wedges to pick up and eat, warm or cool, with yogurt. The aromatically seasoned garbanzo flour in the falafel has a substantial character that many mistake for meat.

Curls of green onion top falafel pizza.

DARROW M. WATT

Crisp radishes and crackers go with Roquefort cheesecake.

Ricotta Roquefort Cheesecake

- 2 cartons (15 oz. each, about 2 cups) part-skim or whole-milk ricotta cheese
- 1 cup packed (6 oz.) Roquefort cheese
- 1 teaspoon freshly ground pepper
- Salt
- 6 large egg whites
- ¼ cup fresh, thinly shredded parmesan cheese
- 3 or 4 dozen red radishes, ends trimmed, rinsed and drained
- Parsley sprigs
- Crisp crackers

In a food processor or bowl, whirl or mix ricotta, Roquefort, pepper, and salt to taste. Beat in egg whites. Scrape mixture into a 10-inch cheesecake pan with removable rim. Sprinkle evenly with parmesan cheese.

Bake, uncovered, in a 325° oven until cheesecake is firm in center when pan is gently shaken, 35 to 45 minutes. Cool, cover, and chill at least 2 hours or up until next day.

Pinch all but 1 or 2 pretty leaves from each radish. Wrap in a damp towel; enclose in plastic bag. Chill at least 30 minutes or up until next day.

Remove pan rim and set cake on a platter. Surround and garnish with radishes and parsley, and accompany with crackers. Spread cake by the spoonful onto radishes or crackers. Makes 16 to 18 servings.

Per serving: 102 cal.; 8.5 g protein; 6.1 g fat (3.8 g sat.); 3.1 g carbo.; 219 mg sodium; 21 mg chol.

Pastrami Torte

- ¼ pound very thinly sliced pastrami
- 3 packages (4 oz. each, about 1½ cups total) fresh pepper or herb cheese
- 3 tablespoons minced parsley
- Toasted bagel slices or unsalted crackers

Line bottom and sides of a 3- by 5½-inch loaf pan with a single, slightly overlapping layer of pastrami slices that extends a little over pan rim. Spoon ⅓ of the cheese in dollops evenly into pan. Press cheese into an even layer, holding meat in place (it wants to slide around); sprinkle with about ⅓ of the parsley. Cover cheese with a layer of pastrami, pressing level. Repeat layers, using all the cheese and parsley.

Tap pan sharply against counter to settle loaf firmly into pan. Fold overhang of pastrami onto cheese, then cover cheese with remaining pastrami, patting in place. Cover and chill until loaf feels firm when pressed, at least 4 hours or up until next day.

Run a thin knife between pastrami and pan sides, then invert loaf onto a platter. Slice, then cut portions of each slice to eat on toasted bagel slices. Makes 12 to 14 servings.

Per serving torte: 86 cal.; 4.1 g protein; 7.1 g fat (0.1 g sat.); 2.3 g carbo.; 195 mg sodium; 27 mg chol.

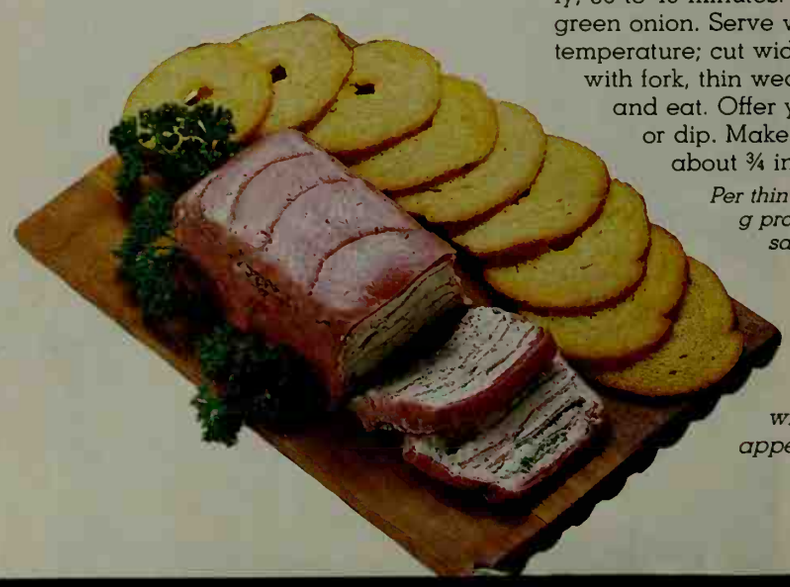
Falafel Pizza

- 3 large eggs
- ¾ cup milk
- 1 small can (4 oz.) diced green chilies
- 1 package (6 to 8 oz., about 1½ cups) falafel mix
- 1 package (16 oz.) prebaked, refrigerated or frozen cheese crust (about 12 in. wide)
- Thinly sliced green onion
- 1 to 1½ cups plain nonfat yogurt

In a large bowl, beat eggs, milk, chilies, and falafel to mix well. Cover and let stand for falafel mix to absorb moisture, about 10 minutes.

Place crust, cup side up, on 14- by 17-inch baking sheet (or large sheet of foil). Scrape falafel mixture into center of crust and spread smoothly to fill hollow. Bake in 350° oven until center feels firm when pressed lightly, 35 to 45 minutes. Garnish with green onion. Serve warm or at room temperature; cut wide wedges to eat with fork, thin wedges to pick up and eat. Offer yogurt as topping or dip. Makes 32 thin wedges, about ¾ inch at rim.

Per thin wedge: 72 cal.; 4.1 g protein; 1.8 g fat (0.3 g sat.); 10 g carbo.; 145 mg sodium; 22 mg chol. ■



Rosy pastrami wraps around easy appetizer torte.

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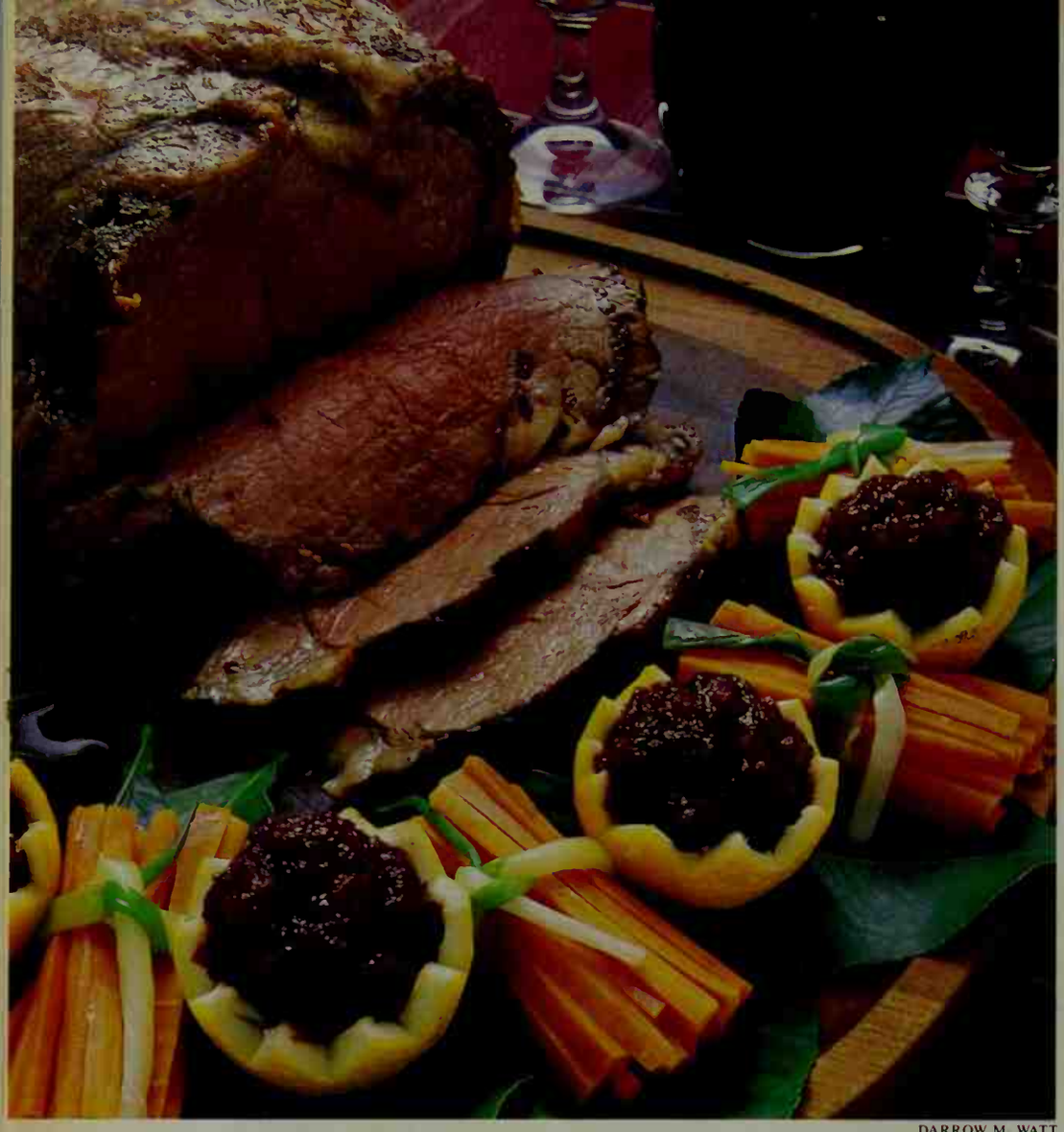

DARROW M. WATT

Carrot and onion bundles and lemon shells filled with cranberry, tomato, and lemon relish make attractive, tasty additions to roast beef platter.

Companions for the roast

Adorn your holiday roast platter with attractive, complementary vegetable and fruit side dishes. Here are five choices, featuring tiny edible pumpkins, carrots, bell peppers, cranberries, and artichokes. They all can be made ahead, and some improve with reheating.

To reheat in a microwave oven, set foods slightly apart on a microwave-safe plate. Drape with plastic wrap and cook on full power (100 percent) for 2 minutes. Rotate plate to reverse position of foods. Continue heating, 1 minute at a time, rotating plate ¼ turn each time, until vegetables are hot. For these quantities, allow at least 10 minutes.

Fresh chutney of grapes and tart apples fills steamed mini-pumpkin.

Steamed Mini-Pumpkins with Fresh Raisin Chutney

- 10 to 12 miniature pumpkins (7 to 8 oz. each), such as Jack Be Little or Munchkin
- Fresh raisin chutney (recipe follows)
- 10 to 12 nontoxic green leaves, slightly larger than pumpkins, rinsed and dried (optional)
- 10 to 12 small clusters green grapes, rinsed and drained (optional)

Rinse pumpkins and set on a rack (they can be stacked loosely) over 1 inch boiling water in a 6- to 8-quart pan. Cover and steam over medium-high heat until pumpkins are tender when pierced, about 20 minutes.

Lift pumpkins from rack and let stand until cool. Slice off top ¼ of each pumpkin. With a spoon, gently scoop out seeds; take care not to break through shell. If cooked ahead, replace lids, cover, and chill up until next day; reheat pumpkins by steaming about 8 minutes in a single layer (you'll need 2 pans), or use a microwave oven (see instructions at left).

Spoon warm chutney equally into each pumpkin and replace lids. Arrange pumpkins on leaves on the rim of a large platter around an entrée. Garnish with grapes. If tender to bite, shells of pumpkins are also edible. Makes 10 to 12 servings.

Per serving: 159 cal.; 2.2 g protein; 0.6 g fat (0.2 g sat.); 40 g carbo.; 7.3 mg sodium; 0 mg chol.

Fresh raisin chutney. In a 12-inch frying pan or 5- to 6-quart pan, braize-deglaze (see page 184) 2 large (about 1 lb. total) finely chopped **onions** with **water** until mixture is deep brown. Add 2 large (1 lb. total) cored, peeled, finely chopped tart **apples** (Newtown Pippin or McIntosh), 4 cups **seedless green grapes,** 1 cup **water,** ¾ cup **red wine vinegar,** ¾ cup firmly packed **brown sugar,** and ¼ teaspoon **pepper.** Bring to a boil on high heat; cover and simmer until grapes begin to split, 10 to 15 minutes.

Cook uncovered, stirring often, until mixture is thick and no longer has any free-flowing liquid; as mixture thickens, stir more often to prevent scorching. Add **salt** to taste. If made ahead, cover and chill up to 3 days; reheat to use. Makes about 4 cups.

Carrot and Onion Bundles

- 5 or 6 green onions with tops, root ends trimmed
- 6 to 8 large (1½ to 2 lb. total) carrots, peeled and cut into ⅛-inch-thick sticks, each about 3 inches long

Cut each onion in half lengthwise. In a 4- to 5-quart pan, bring 2 inches water to boiling; add carrots. Cover and cook until carrots are barely tender to bite, about 3 minutes. Lift out with a slotted spoon and immerse in ice water to stop cooking. When

Their recipe.

Our recipe.

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cool, drain and divide into 10 to 12 equal portions.

Return the cooking water to boiling and push a few onions at a time beneath the surface. Cook just until onions are limp. Transfer them to ice water to cover. Drain.

To make bundles, lay an onion piece out flat. Neatly align a portion of carrots on onion to make a cross. Tie onion gently but snugly around carrots. Trim ends of onion to make a tidy-looking bundle. If made ahead, set bundles side by side, cover airtight, and chill up until next day.

Serve cold, at room temperature, or reheated in a microwave oven (see page 176). Place bundles on a large platter around an entrée. Makes 10 to 12 servings.

Per serving: 23 cal.; 0.6 g protein; 0.1 g fat (0 g sat.); 5.5 g carbo.; 18 mg sodium; 0 mg chol.

Caper rice peeks from warm shelter of baked bell pepper; combination reheats well.

Red Bell Peppers and Caper Rice

If you can't find small peppers, use medium-size ones cut down in size. After cutting off the top, trim the cut edges of both pieces so the pepper is 2 to 3 inches tall when reassembled.

- 10 to 12 small (each 2 to 3 oz. and 2 to 3 in. tall) red, yellow, or orange bell peppers
- 8 slices bacon
- 1 cup short- or medium-grain rice
- 4 teaspoons grated lemon peel
- ¼ cup drained canned capers
- ¼ cup seasoned rice vinegar (or ¼ cup rice vinegar and 4 teaspoons sugar)

Cut off top ⅓ of each pepper; set tops aside. With a small spoon, scoop out seeds and white membrane from pepper bases and tops; rinse and drain both. If needed, trim pepper bases so they will sit steadily.

In a 2- to 3-quart pan over medium heat, stir bacon often until crisp, about 10 minutes. With a slotted spoon, transfer bacon to towels; let drain. When cool, finely crumble. Discard drippings; wipe pan clean.

To pan, add rice, lemon peel, and 2½ cups water. Bring to boiling over high heat. Stir; then cover and simmer until liquid is absorbed, about 20 minutes. Uncover; with a fork, stir in bacon, capers, and vinegar.

Set pepper shells upright and apart in a rimmed 10- by 15-inch pan. Mound rice equally into shells; set tops on peppers. If made ahead, cover and let stand up to 4 hours. Bake, uncovered, in a 450° oven until peppers blister and rice is hot in center, 8 to 12 minutes. (Or bake up to 4 hours ahead, let stand, then reheat in a microwave oven; see page 176.) Set peppers on platter around an entrée. Serves 10 to 12.

Per serving: 114 cal.; 3.2 g protein; 2.6 g fat (0.8 g sat.); 20 g carbo.; 218 mg sodium; 3.6 mg chol.

Cranberry-Tomato Relish in Lemon Shells

- 4 or 5 lemons (each about 5 oz. and about 3½ in. long), or ½ cup lemon juice
- 1 can (28 oz.) tomatoes
- 1 large (½ lb.) onion, finely chopped
- 1 cup sugar
- 2 tablespoons minced fresh ginger
- 1 package (12 oz., 3 cups) fresh or frozen cranberries

To use lemons for serving containers, cut lemons (decoratively, if desired) in half crosswise. Ream juice, reserving ½ cup. Scoop out and discard pulp and membrane. Trim a thin slice off base of each lemon so it will sit steadily upright. Wrap shells in a towel, put in a plastic bag, and refrigerate. Use within 2 days. Otherwise, see below.

Pour ½ cup lemon juice into a 10- to 12-inch frying pan or 5-quart pan; add tomatoes and liquid (break tomatoes apart with a spoon), onion, sugar, and ginger. Boil on medium-high heat, stirring often, for 20 minutes.

Add cranberries and stir often until reduced to 3½ cups, about 30 minutes longer. As mixture thickens, watch carefully and stir more often to avoid scorching. Cool. Use, or cover and chill up to 3 weeks.

Divide relish evenly among lemon halves; otherwise serve in small cups or bowls (about ⅓-cup size) and arrange on a large platter around an entrée. Makes 8 to 10 servings.

Per serving: 142 cal.; 1.2 g protein; 0.3 g fat (0 g sat.); 36 g carbo.; 0 mg sodium; 0 mg chol.

Artichokes with Parsley Pesto

- ⅓ cup cider vinegar
- 1 tablespoon cumin seed
- 1 tablespoon minced fresh ginger
- About 1½ tablespoons drained canned green peppercorns
- 4 to 5 artichokes, 4 to 4½ inches wide (about ¾ lb. each)
- Parsley pesto (recipe follows)

In an 11- to 12-quart pan, combine 5 quarts water, vinegar, cumin seed, ginger, and 1 tablespoon peppercorns. Cover and bring to a boil over high heat.

Meanwhile, break off coarse outer leaves from artichokes and trim stems even with bases. With a sharp knife, cut off top ⅓ of each artichoke. With scissors, trim thorny tips from remaining leaves. Immerse artichokes in cool water and swish back and forth; shake out water.

Place artichokes in pan. Reduce heat, cover, and boil gently until bottoms are tender when pierced, 30 to 40 minutes. Lift out artichokes and drain upside-down. If desired, pour cooking liquid through a strainer and reserve seasonings. Pull small center leaves from artichokes; with a small spoon, go down through opening and scrape out fuzzy choke. Slice artichokes in half lengthwise. If cooked ahead, cover and chill up until next day. To reheat, place in a microwave oven (see page 176), or immerse in simmering water to cover for about 5 minutes, then drain well.

Set artichokes cup side up on a large platter around an entrée. If desired, scatter artichokes with reserved seasonings; mound pesto equally into each. Sprinkle pesto with remaining peppercorns. Serves 8 to 10.

Per serving: 130 cal.; 2.8 g protein; 9.7 g fat (1.2 g sat.); 10 g carbo.; 82 mg sodium; 0 mg chol.

Parsley pesto. In a blender or food processor, whirl ¼ cup **roasted salted almonds** to a fine powder. Add 2 cups lightly packed **parsley,** ⅓ cup **olive oil,** 3 tablespoons **cider vinegar,** and 1 tablespoon drained **canned green peppercorns;** smoothly purée. If made ahead, cover and chill up until next day. Makes 1 cup. ■

Artichoke half makes ample cup for parsley pesto.

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A sensibly grand

Abundance is the hallmark of Thanksgiving, and this menu carries on the tradition in a generous spirit. In keeping with other recipes throughout this holiday bonus section, many of the ones in this menu are low in fat (but don't taste like it), and most have make-ahead steps. So, with the joy of feasting comes the pleasure of knowing you're enjoying better balance, in both nutrition and time, during the holidays.

A GRAND THANKSGIVING FEAST FOR 10 TO 12

Red or White Belgian Endive with Smoked Salmon and Mustard Sauce

Buttered Toast Triangles

Roast Turkey (page 188)

Giblet Gravy

Cranberry Chipotle Relish

Steamed Mini-pumpkins with Fresh Raisin Chutney (page 176)

Red Bell Peppers and Caper Rice (page 176)

Green Beans and Butter-browned Onions

Wild Rice with Aromatics (page 184)

Fila-wrapped Rum Cake Bundles (page 204)

Chardonnay

Sparkling Apple Juice

Red or White Belgian Endive with Smoked Salmon and Mustard Sauce

3 heads (about ¾ to 1 lb. total) red or white Belgian endive, rinsed and crisped

About ¾ pound thinly sliced smoked salmon

Mustard sauce (recipe follows)

About 3 tablespoons drained canned capers

Break outer leaves from endive and arrange on each of 10 to 12 salad plates (reserve small leaves for other uses). Drape salmon slices equally over endive. Mound mustard sauce equally onto salmon; sprinkle with capers. Makes 10 to 12 servings.

Per serving: 114 cal.; 5.5 g protein; 8.2 g fat (1 g sat.); 4.2 g carbo.; 730 mg sodium; 6.5 mg chol.

Mustard sauce. In a bowl, mix ¾ cup **Dijon mustard,** ⅓ cup **salad oil,** 1 tablespoon **white wine vinegar,** 1 tablespoon firmly packed **brown sugar,** and 1 tablespoon **dried dill weed.** If made ahead, cover and chill up to 1 week. Makes about 1¼ cups.

Cranberry Chipotle Relish

1 dried chipotle chili, about 2½ inches long, rinsed; or 1 fresh jalapeño chili, rinsed, stemmed, seeded, and minced

1 small (5 oz.) orange or tangerine, rinsed

3 cups (12 oz.) fresh or frozen cranberries, rinsed

½ cup packed fresh cilantro (coriander)

1 tablespoon chopped fresh ginger

2 tablespoons lime juice

2 tablespoons sugar

2 tablespoons orange-flavor liqueur

2 tablespoons tequila

Salt

Cilantro sprigs and lime slices

Remove and discard stems and seeds from chipotle. Break chili into a food processor. Cut orange (with peel) into chunks; discard seeds.

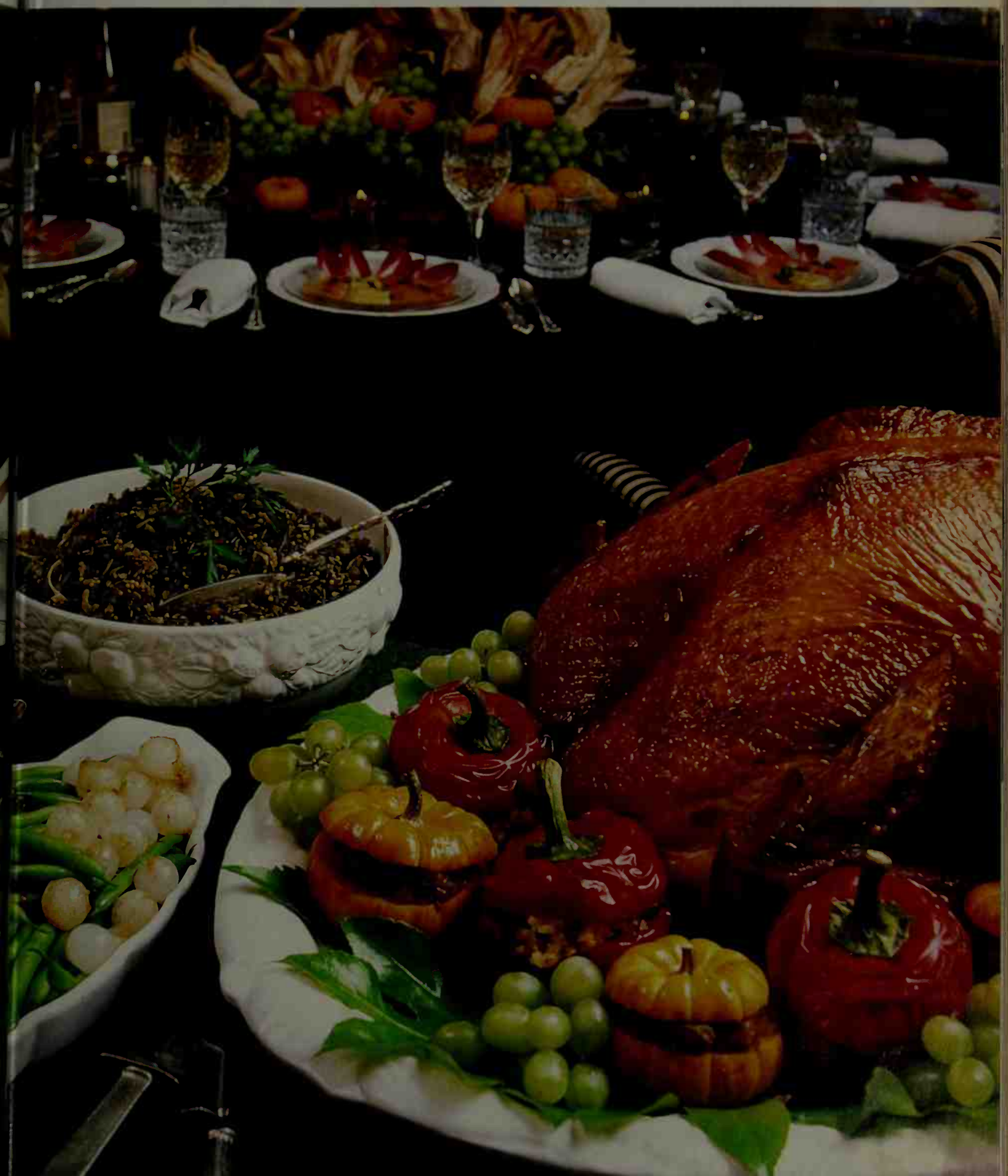
Put orange, cranberries, the ½ cup cilantro, and ginger into processor; whirl until finely chopped (or grind ingredients with a food chopper). Add lime juice, sugar, liqueur, tequila, and salt to taste. Serve, or cover and chill up to 1 week. Garnish with cilantro sprigs and lime slices. Makes about 2⅔ cups.

Per tablespoon: 12 cal.; 0.1 g protein; 0 g fat; 2.4 g carbo.; 0.3 mg sodium; 0 mg chol. ■

Roast turkey is centerpiece of this dinner with tiny pumpkins, roasted peppers, wild rice, cranberry relish, and beans with onions.

DARROW M. WATT

Thanksgiving feast



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HIDDEN VALLEY RANCH® OYSTER CRACKERS

One package 1.0-oz. Hidden Valley Ranch® Milk Recipe Original Ranch® Salad Dressing Mix
½ teaspoon dill weed ¼ cup salad oil
5 cups (11 ounces) plain oyster crackers
(optional: ¼ teaspoon lemon pepper
¼ teaspoon garlic powder.)

Combine Hidden Valley Ranch Salad Dressing Mix with dill weed and oil. Pour over crackers, stir to coat. Place in warm oven (250°F) for 15 to 20 minutes. Stir gently halfway through baking.

HIDDEN VALLEY RANCH® ARTICHOKE PIZZA

Two 8-oz. cans refrigerated crescent dinner rolls
¼ cup prepared Hidden Valley Ranch® Milk Recipe Original Ranch® Salad Dressing
One 14-oz. can artichoke hearts, drained
One 4-oz. jar sliced pimentos, drained
¼ cup shredded mozzarella ¼ cup grated Parmesan

Unroll dough without tearing; press into 15" x 10" x 1" pan. Bake at 375°F, 10 min. or until cooked through. Combine remaining ingredients saving ¼ cup Parmesan to sprinkle on top. Spread on crust. Bake at 375°F, 15 min. Let stand 5 min. Cut into 2" squares. Makes 3[illegible]

HIDDEN VALLEY RANCH® HOLIDAY TORTA

Two 8-oz. packages light cream cheese
One package 1.0-oz. Hidden Valley Ranch® Milk Recipe Original Ranch® Salad Dressing Mix
One 6-oz. jar marinated artichoke hearts, drained and chopped
3 tablespoons fresh minced parsley
¼ cup roasted red peppers, drained and chopped

Cream the cheese and salad dressing mix together. In a separate bowl stir together artichokes, peppers and parsley. In a 3 cup bowl lined with plastic wrap, alternate layers of cheese and vegetable mixtures — beginning and ending with a cheese layer. Chill 4 hours or overnight. Invert on plate; remove plastic wrap. Serve with crackers. Makes 10-12 servings.

HIDDEN VALLEY RANCH® SEVEN-LAYER DIP

One 16-oz. can refried beans 1 cup sour cream
One package 1.0-oz. Hidden Valley Ranch® Milk Recipe Original Ranch® Salad Dressing Mix
1 cup diced tomatoes
One 4-oz. can diced green chiles, drained
One 2¼-oz. can sliced black olives, drained
¼ cup each shredded cheddar and jack cheeses
(Optional: chopped avocado)

Spread beans on 10-inch serving platter. Blend sour cream and salad dressing mix; spread over beans. Layer remaining ingredients. Serve with tortilla chips. Makes 8-10 servings.

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Vegetables, pilaf, wild rice: fat-free, remarkably tasty

The secret of leaner eating, regardless of the season, is to replace fattening steps in recipes with fat-free alternatives, using everyday ingredients that produce equally good if not better-tasting results. For three of these delicious companion dishes—a pilaf, wild rice, and scalloped root vegetables—we used braise-deglazing to brown vegetables without adding fat. We think you'll find the results remarkably flavorful. Even Yorkshire pudding can take a trimming with no loss of appetite appeal. Other recipes throughout this section also use the braise-deglaze cooking technique.

Aromatic spice seed, fresh ginger enrich wild rice.
DARROW M. WATT

Barley and Brown Rice Pilaf

- 2 large (about 1 lb. total) onions, chopped
- 4½ cups regular-strength chicken broth
- 1 cup long-grain brown rice
- 1 cup pearl barley
- ½ teaspoon dry thyme leaves
- ¼ cup dry sherry (optional)
- Salt

In a 3- to 4-quart pan, braise-deglaze onions until richly browned (see directions below); start with ½ cup broth, then use water. With last addition of water, scrape onions from pan. Rinse and dry pan.

Rinse and drain rice and barley. Add to pan and stir over medium-high heat until grains are dry and smell toasted. Add remaining 4 cups broth, braise-deglazed onions, and thyme. Bring to a boil on high heat, then cover and simmer gently until grains are tender to bite, 40 to 50 minutes. Stir in sherry and heat until boiling. Serve or, if made ahead, cover and chill up until next day; to reheat, use the following directions. Add salt to taste. Makes about 5 cups, 6 to 8 servings.

Per serving: 210 cal.; 6.2 g protein; 2 g fat (0.4 g sat.); 42 g carbo.; 35 mg sodium; 0 mg chol.

To reheat pilaf or wild rice (following), pour rice into a microwave-safe bowl and heat in a microwave oven on full power (100 percent) for 3 minutes. Continue to heat and stir, 1 minute at a time, until hot. Or add about ½ cup broth to pan and stir over medium heat until hot, about 15 minutes.

Wild Rice with Aromatics

- 3 tablespoons mustard seed
- 1 teaspoon coriander seed
- ½ teaspoon cumin seed
- ½ teaspoon whole allspice
- ¼ teaspoon cardamom seed (pod removed)
- 1 teaspoon dried thyme leaves
- 2 tablespoons minced fresh ginger
- 2 large (about 1 lb. total) onions, chopped
- 8 cups regular-strength chicken broth
- 3 cups (1¼ lb.) wild rice, rinsed and drained
- Salt

In a 5- to 6-quart pan on medium-high heat, stir mustard seed, coriander seed, cumin seed, allspice, and cardamom until seeds become very

No fat . . . braise-deglazed vegetables taste intense, rich

To make an exceptionally flavorful, richly browned, no-fat seasoning base for soups, stews, pilafs, and casseroles, use this braise-deglaze technique.

Choose vegetables that are typically sautéed, such as carrots, celery, fennel, leeks, mushrooms, onions, and even firm vegetables like rutabagas and turnips.

With this method, you combine chopped vegetables with a little water or broth in a pan and cook until a rich brown color develops. As the liquid boils away, browned bits or a film (from sugar and starches cooked out of vegetables) forms in the pan. Deglaze the pan by adding liquid and boiling again, stirring to free browned bits. Repeat the deglazing step until vegetables soak up rich flavor and brown color.

We use this technique often in recipes. The following directions will guide you through the process.

To braise-deglaze, use the pan specified in recipe or a 10- to 12-inch frying or 5- to 6-quart pan (a heavy nonstick pan works particularly well; use wider diameter pan for larger quantity). Combine chopped **vegetables** as specified in recipe and **regular-strength chicken broth** or water (amount specified in recipe or about ¼ cup for ½ to 1 lb. vegetables, ½ cup for 1 to 3 lb.).

Cook uncovered over high heat, stirring occasionally, until liquid evaporates and browned bits stick in pan or a rich brown film forms. Deglaze pan by adding 2 to 4 tablespoons **water** or unsalted broth (use larger amount with larger quantity of vegetables). Stir or scrape to free browned bits or film. Stir often until liquid evaporates and browned bits form again. Repeat deglazing and cooking dry until a rich brown color develops.

■

You can substitute braise-deglazed onions for sautéed onions in your own recipes. The technique often takes longer than sautéing, so you might want to make big batches at a time to store in the freezer.

Home recipes with braise-deglazed onions. Follow preceding directions for braise-deglazing, using **onions.** To make ⅓ cup braise-deglazed onions, start with 1 large (about ½ lb.) onion; to make ⅔ cup, start with 2 large (about 1 lb. total) onions; to make 1 cup, start with 3 large (about 1½ lb. total) onions; to make 2 cups, start with 6 large (about 3 lb.) onions. Use or, if made ahead, cover and chill up to 3 days or freeze in small portions up to 1 month.

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Rumpled Yorkshire pudding uses little fat, lean ingredients.
DARROW M. WATT

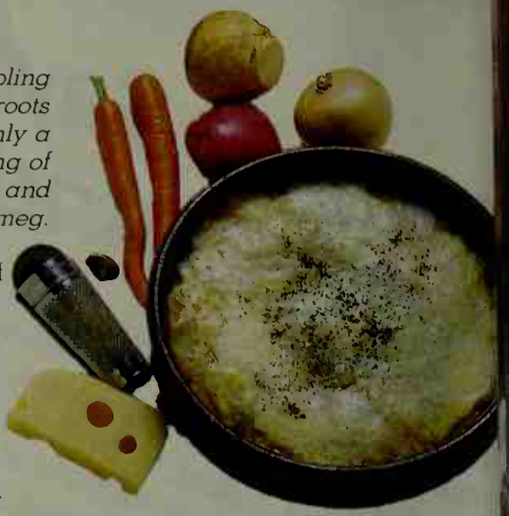
Lean Yorkshire Pudding

- 1 large egg
- 1 large egg white
- ½ cup all-purpose flour
- ½ cup nonfat milk
- 1 teaspoon sugar
- ¼ teaspoon salt
- 1 tablespoon butter or margarine

In a blender or with a whisk, smoothly combine egg, egg white, aromatic, about 1 minute. Add thyme, ginger, onions, and ½ cup of the broth. Braise-deglaze onions until richly browned (see page 184), using water for each deglazing step.

Stir in remaining broth and rice. Bring to boil on high heat; cover and simmer gently until rice is tender to bite and grains begin to split open, 45 to 55 minutes. Drain, reserving liquid for reheating or another use. If made ahead, chill rice and broth separately up until next day. Reheat as directed, preceding. Add salt to taste. Makes about 11 cups, 12 to 14 servings.

Per serving: 186 cal.; 8.3 g protein; 2.1 g fat (0.3 g sat.); 35 g carbo.; 34 mg sodium; 0 mg chol.



Bubbling gratin of roots has only a dusting of cheese and nutmeg.

Sue Bee
H·O·N·E·Y

No salt. No fat. No cholesterol. 1/3 fewer calories than butter or margarine. And Sue Bee makes the holidays sweeter with this delicate dessert!

Pumpkin Pudding with Honey Pecan Sauce

3/4 c. Sue Bee Honey
2 tsp. pumpkin pie spice
1 1/2 c. canned pumpkin
1 c. evaporated skim milk
6 egg whites

Preheat oven to 350° F. In medium bowl, combine first 4 ingredients; blend well. Beat egg whites to stiff peaks; fold into pumpkin mixture. Pour into 6 1-cup souffle dishes or oven-safe molds sprayed with non-stick cooking spray. Place in 9x12 baking dish; fill with hot water almost to top of souffle dishes. Bake 45-50 min., or until knife inserted in center comes out clean. Unmold warm pudding onto dessert plates; top with Honey Pecan Sauce. Garnish with lemon curls and mint leaves if desired.
HONEY PECAN SAUCE: Mix 1/3 c. Sue Bee Honey and 1/2 c. pecan halves; stir in 1/4-1/2 tsp. rum flavoring. Spoon over warm pudding. Makes 6 servings.

THE GOOD TASTE THAT'S GOOD FOR YOU.

DARROW M. WATT

Salute the dinner! Abundant in tastes, miserly in fat, this Christmas dinner offers a great new way to celebrate. Below, thin tart drenched with grapefruit syrup is a refreshing, seasonal conclusion.

Fruit topping. With a vegetable peeler, cut yellow part only from 1 large (1 lb.) **grapefruit.** Ream juice from fruit; set aside. Cut peel into very thin slivers. In a 1½- to 2-quart pan, cover peel with **water;** bring to a boil. Drain off water; repeat step.

Add to peel 2 tablespoons **honey,** 2 tablespoons **sugar,** and ¼ cup **water.** Boil, uncovered, on high heat, watching closely, until liquid is almost gone and syrup forms big, shiny bubbles, about 10 minutes. At once, add reserved juice; set aside.

Using a sharp knife, cut peel and white membrane from 2 more large (2 lb. total) **grapefruit** and discard. Into a strainer set over a bowl, cut segments free from internal membrane. Squeeze juice from membrane into bowl; discard membrane.

Combine juice and ¼ cup **orange-flavor liqueur** with peel mixture in pan. Boil, uncovered, over high heat, stirring until reduced to ½ cup, 12 to 15 minutes. Pour syrup through a strainer; use syrup warm, or reheat if made ahead. Spread peel out on a plate. Cover and chill fruit and peel separately up until next day. ■

Hearty holiday cookies

Wholesome flavors from hearty flours give this assortment of cookies special personalities. Masa flour gives masa toffee bars the unmistakable imprint of corn tortillas, but with orange peel, chocolate, and pine nuts, the bars also make a Southwestern statement. Dark rye flour, favored by Finnish cooks, makes thin, crisp cutout wafers—good plain or as cooky sandwiches. Oatmeal gives jellied thumbprints a new dimension. Plain wheat germ develops toasted taste and aroma as it bakes in chewy-crisp shortbread. Whole-wheat flour lends a different toasted flavor to crisp rounds. The adventurous cook will find blue cornmeal cookies an amusing experiment in food chemistry—lemon juice turns the dough an earthy pink.

To store cookies, package each kind separately in rigid, airtight containers. If cookies have frostings or toppings or are inclined to stick together, separate layers with waxed paper. If held longer than 1 day at room temperature, cookies begin to soften and taste stale. Freezing preserves freshness best, even if cookies are to be kept only a few days; you can serve them directly from the freezer.

Jam dot is optional finish for frosted rye cookies.

Pine nuts embedded in chocolate top corn masa cookies with orange peel

DARROW M. WATT

Masa Toffee Bars

1 cup pine nuts
1½ cups each dehydrated masa flour (corn tortilla flour) and all-purpose flour
2 teaspoons ground cinnamon
1 cup (½ lb.) butter or margarine, cut into chunks
1½ cups firmly packed dark brown sugar
2 large eggs
2 tablespoons grated orange peel
1 large package (12 oz., 1½ cups) semisweet chocolate baking chips, or 12 ounces semisweet baking chocolate, chopped

In a 6- to 8-inch frying pan over medium-low heat, shake pine nuts frequently until golden, about 10 minutes. Pour from pan and set aside.

Stir together masa, all-purpose flour, and cinnamon.

In a food processor or with a mixer, whirl or beat butter, sugar, eggs, and orange peel until creamy. Whirl or stir in masa mixture until dough holds together. Pat dough evenly into a 10- by 15-inch rimmed pan.

Bake in a 300° oven until golden brown, about 1 hour. Remove from oven and immediately scatter chocolate over hot cooky; when chips soften, spread evenly with a spatula, then sprinkle pine nuts onto chocolate. With a clean, wide spatula, lightly press nuts into chocolate.

Let cool until chocolate is just firm to touch. With a sharp knife, cut cookies into bars about 1½ by 2 inches. Remove from pan with a spatula. Serve or store (see box above). Makes about 4 dozen.

Per bar: 144 cal.; 2 g protein; 8 g fat (2.7 g sat.); 17 g carbo.; 44 mg sodium; 19 mg chol.

Snow-frosted Rye Cutouts, Singles or Sandwiches

½ cup (¼ lb.) butter or margarine, at room temperature
¾ cup granulated sugar
1 large egg
2 cups rye flour
Snow frosting (recipe follows)
About ½ cup fruit jam (optional)

In a food processor or with a mixer, whirl or beat butter, sugar, and egg until well mixed. Add rye flour; whirl or stir to mix, then beat until dough holds together. Gather dough into a ball, wrap airtight, and chill until firmer, at least 1 hour or up until next day.

Cut dough into 4 equal portions. On a lightly floured board (use rye or all-purpose flour), roll 1 portion to about ⅛ inch thick. With a flour-dusted cooky cutter 2 to 2½ inches wide, cut out cookies and place slightly apart on 2 lightly greased 12- by 15-inch baking sheets. Bake in a 300° oven until slightly darker, 12 to 15 minutes. With a spatula, transfer to racks to cool.

Spread a thin layer of frosting on all or half the cookies. Let stand until frosting is dry to touch, about 1 hour. Serve or store (see box above). Up to 4 hours before serving, make sandwich cookies by spooning about ½ teaspoon jam on each unfrosted cooky, then setting a frosted cooky on top. Dot tops with jam. Makes about 6 dozen single cookies, 3 dozen filled.

Per frosted cooky: 43 cal.; 0.4 g protein; 1.4 g fat (0.8 g sat.); 7.6 g carbo.; 14 mg sodium; 6.4 mg chol.

Per sandwich cooky: 82 cal.; 0.7 g protein; 2.8 g fat (1.6 g sat.); 17 g carbo.; 28 mg sodium; 13 mg chol.

Snow frosting. To frost all the rye cutouts, stir together 2 cups **powdered sugar** and 3 to 4 tablespoons **milk** until smooth; to frost half the cookies, use 1 cup powdered sugar and 1½ to 2 tablespoons milk.

Oatmeal Thumbprints

1 cup (½ lb.) butter or margarine, at room temperature
½ cup firmly packed brown sugar
1 large egg, separated
1½ teaspoons vanilla
1 cup all-purpose flour
2 cups regular rolled oats
About 1½ cups finely chopped walnuts or almonds
About ½ cup fruit jam

In a food processor or with a mix-

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S&W Quick Margarita Chicken

- 4 boneless, skinless chicken breast halves
- 2 Tbs corn oil
- 2 Tbs lime juice
- 1 Tsp honey
- 1 cup finely crushed tortilla chips
- 1 can (14½ oz) S&W Premium Mexican Style Stewed Tomatoes
- 2 Tbs chopped cilantro
- ⅓ cup grated Monterey Jack cheese
- Cilantro sprigs and lime wedges

Brush chicken breasts with a mixture of oil, lime juice and honey, then roll in tortilla chip crumbs to coat. *(Hint: crumble tortilla chips in blender).* Bake for 20-25 min at 350°. While baking chicken, puree tomatoes and cilantro into a sauce. Remove chicken from oven, top with puree and sprinkle with cheese. Bake again for 5 minutes or until cheese melts. Garnish with cilantro and lime wedges. Serves 4.

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er, whirl or beat butter, sugar, egg yolk, and vanilla until smoothly blended. Whirl or stir in flour until mixed, then stir in oats.

Shape dough into 2-teaspoon-size balls. Beat egg white and 2 teaspoons water with a fork. Dip balls into egg white, drain briefly, then roll them in nuts. Set balls about 1 inch apart on an ungreased 12- by 15-inch baking sheet. With your thumb, press a well in the center of each ball.

Bake cookies in a 300° oven for 15 minutes. Remove from oven and reshape each thumbprint by pressing the hollow down with rounded end of a wooden spoon. Quickly spoon

Oatmeal and chopped walnuts give heartiness to thumb-printed sweet.
DARROW M. WATT

about ½ teaspoon jam into each hollow (jam should not flow over rim). Return to oven and bake until cookies are golden brown and jam has melted, about 15 minutes longer.

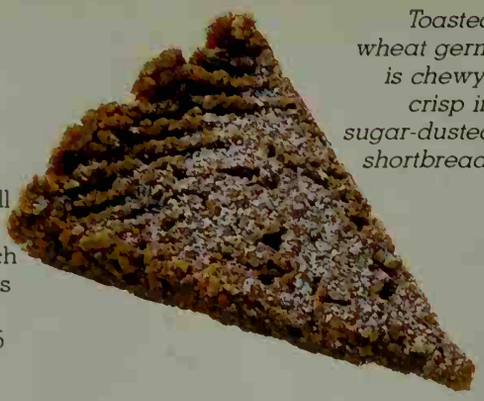
With a spatula, transfer cookies to racks to cool. Serve or store (see box on page 192). Makes about 4 dozen.

Per cooky: 92 cal.; 1.3 g protein; 5.7 g fat (2.6 g sat.); 9.3 g carbo.; 42 mg sodium; 15 mg chol.

Wheat Germ Shortbread

- ¼ cup pecans
- ½ cup *each* plain wheat germ and all-purpose flour
- ½ cup firmly packed brown sugar
- ½ teaspoon ground cinnamon
- ⅓ cup butter or margarine, cut into chunks
- 1 teaspoon vanilla
- 1 to 2 tablespoons powdered sugar (optional)

In a food processor, whirl pecans to a fine powder (or mince). Mix in wheat germ, flour, brown sugar, and cinnamon. Add butter and vanilla; whirl or rub mixture with fingers until dough holds together. Scrape dough into a 9-inch cake pan with removable rim; pat the dough flat with lightly floured hands.



Toasted wheat germ is chewy-crisp in sugar-dusted shortbread.

Bake in a 325° oven until cooky is darker brown and smells toasted, 25 to 30 minutes. For a decorative rim, firmly press tines of a floured fork around edge of warm cooky, then cut cooky into 10 to 12 wedges. Let cool, remove pan rim, and rub powdered sugar through a fine strainer onto cookies. Serve or store (see box on page 192). Makes 10 to 12.

Per wedge: 123 cal.; 2.1 g protein; 6.1 g fat (2.7 g sat.); 16 g carbo.; 44 mg sodium; 11 mg chol.

Whole-wheat Crisps

- 1 cup whole-wheat flour
- ½ cup cornstarch
- About ½ cup powdered sugar
- ¾ cup (⅜ lb.) butter or margarine, cut into chunks
- 1 teaspoon vanilla

In a food processor or bowl, mix flour, cornstarch, and ½ cup powdered sugar. Add butter and vanilla; whirl or rub until dough holds together compactly.

Shape dough into 1-tablespoon-size balls. Place 2 inches apart on 2 ungreased 12- by 15-inch baking sheets. Dip a potato masher, slotted spoon, or fork in powdered sugar,

Whole-wheat rounds get impressed by a potato masher.

then press each ball to flatten to about 1¾ inches in diameter.

Bake in a 325° oven until richly browned, 25 to 35 minutes. If using 1 oven, switch pan positions halfway through baking. Transfer cookies to racks with a spatula and let cool. Dust lightly with more powdered sugar, if desired. Serve or store (see box on page 192). Makes about 2 dozen.

Per cooky: 89 cal.; 0.7 g protein; 5.9 g fat (3.3 g sat.); 8.6 g carbo.; 60 mg sodium; 16 mg chol.

Sky Blue to Pink Cookies

Blue cornmeal (found in fancy food stores), like red cabbage, turns pink or brighter red when acid is added. In these earthy-flavor blue corn cookies, lemon juice contributes not only a pleasant tartness, but also a curious pink color.

- 1½ cups blue cornmeal
- 1 cup all-purpose flour
- ½ cup sugar
- ½ cup (¼ lb.) butter or margarine
- 1 large egg white
- 1 tablespoon grated lemon peel
- ⅓ cup lemon juice
- Lemon icing (recipe follows)

In a food processor or large bowl, whirl or stir together blue cornmeal, flour, and sugar. Add butter and whirl or rub with fingers until mixture forms fine crumbs. Add egg white, lemon peel, and lemon juice; whirl or stir until well mixed.

Pink cookies start with blue cornmeal.

Shape dough firmly into 4 ropes about ¾ inch in diameter and as long as a 12- by 15-inch baking sheet. Lay ropes about 2 inches apart on pan. With your thumbs, press ridges diagonally down the length of each rope (be careful not to press all the way to the pan).

Bake in a 300° oven until ropes are lightly browned at edges, 25 to 30 minutes. While ropes are hot, cut them at a 45° angle into 1-inch lengths across thumbprint ridges. Cool, then drizzle with lemon icing. Serve or store (see box on page 192). Makes about 4 dozen.

Per cooky: 66 cal.; 0.7 g protein; 2.4 g fat (1.4 g sat.); 11 g carbo.; 24 mg sodium; 5.9 mg chol.

Lemon icing. Stir together until smooth 1 cup **powdered sugar** and 1 tablespoon *each* **lemon juice** and **water.** ■

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Ready and waiting: that's how this walkabout party is organized. There are stations for hot foods, several for cold dishes, one for beverages, and one for sweets. Without the distraction of having to balance plates, forks, and glasses, conversation flows easily as the guests meander from one station to another.

Broadly represented, but well disguised by satisfying flavors, are many dishes that are significantly low in fat. All the foods hold up well over several hours. Use a warming tray to keep the meats steaming hot. Present a range of beverages so guests can make their own choices (see page 202). Set out plenty of wastebaskets, and offer paper napkins at each station.

WALKABOUT HOLIDAY PARTY FOR 24

CRISP BITES:

Parmesan Cream Dip with Vegetables

HOT SPOT:

Faux Squab Wings

Roasted Sausages and Onions, Italian-style

Norwegian Meatballs

SLIM PICKINGS:

Lentils with Green Herbs

Roasted Fennel and Carrots with Belgian Endive

Falafel Pizza (page 174)

COOKY STOP (page 192):

Snow-frosted Rye Cutouts

Oatmeal Thumbprints

Wheat Germ Shortbread

Whole-wheat Crisps

CHOOSE YOUR SIPPING (regular or nonalcoholic):

Dry White and Red Wines

Sparkling Wine Beer

Mineral Water Fruit Juices

DARROW M. WATT

Food stations let guests serve themselves. Pick-up foods eliminate plates.

Falafel pizza wedges, savory lentils to eat in pocket bread, and braise-deglazed vegetable dip are all light but filling foods.

DARROW M. WATT

Warming tray, draped with bay leaves, holds wings, sausages, meatballs.

Dip pea pod–wrapped shrimp and raw vegetables in parmesan cream.

Wholesome flours, oatmeal, and wheat germ are base for these holiday cookies.

Parmesan Cream Dip with Vegetables

For another dipper, wrap blanched Chinese pea pods (split in half) around shelled, cooked tiny shrimp.

- 1 cup light or regular sour cream
- ½ cup freshly grated parmesan cheese
- 3 tablespoons red wine vinegar
- 1 teaspoon Dijon mustard
- 1 clove garlic, minced or pressed
- 1 to 2 teaspoons sugar
- About 1 tablespoon minced parsley
- 4 or 5 large (about 7 oz. each) yellow, red, or green bell peppers, rinsed and drained
- 2 to 3 quarts small inner romaine lettuce leaves, rinsed and crisped
- About 3 pounds (8 to 9 cups total) firm-ripe yellow or red cherry tomatoes, rinsed and drained

Stir together sour cream, cheese, vinegar, mustard, garlic, and sugar to taste. If made ahead, cover and chill up until next day. Pour into a small bowl and sprinkle with parsley.

Set peppers on stem ends. Cut down but not through peppers, dividing each into about 8 wedges. Place cut ends up in a large basket along with lettuce and tomatoes. If prepared ahead, cover airtight and chill up to 4 hours. Serve with dip. Makes 1½ cups dip, 2 dozen appetizers.

Per appetizer with 1 teaspoon dip: 49 cal.; 2.6 g protein; 2.2 g fat (1.1 g sat.); 5.5 g carbo.; 51 mg sodium; 4.9 mg chol.

Faux Squab Wings

- About 2 pounds (24 pieces) chicken wings, shoulder and middle sections only, cut apart
- ¼ cup soy sauce
- ¼ cup dry sherry
- 2 tablespoons Oriental sesame oil
- 1 tablespoon honey
- 1 teaspoon five spice (or ¼ teaspoon *each* ground cinnamon, ground cloves, ground ginger, and anise seed)

In a bowl or heavy plastic bag, combine wings, soy, sherry, oil, honey, and five spice; mix well. Cover and chill 1 hour or up until next day.

Drain and save marinade. Arrange wings in a single layer in a 10- by 15-inch rimmed pan. Bake in a 475° oven, basting often the first 20 minutes with reserved marinade. Turn wings over, baste again, and bake until dark brown, 10 to 15 minutes longer.

Serve or, if made ahead, let cool, cover, and chill up until next day. To reheat, return wings to washed pan and bake at 350° until hot, about 10 minutes. Makes 24 pieces, 24 appetizer servings.

Per serving: 49 cal.; 3.9 g protein; 3.3 g fat (0.9 g sat.); 0.6 g carbo.; 101 mg sodium; 12 mg chol.

Roasted Sausages and Onions, Italian-style

- 1½ pounds mild Italian sausages, cut into 1-inch lengths
- 2 large (about 1 lb. total) onions, cut into wedges
- 7 tablespoons balsamic vinegar
- About 1½ dozen miniature pocket bread rounds (about 3 in. wide), cut in half

Combine sausages, onions, and 6 tablespoons vinegar in a 10- by 15-inch rimmed pan. Bake in a 425° oven until meat is well browned and liquid evaporates, about 1 hour. Turn meat and onions occasionally with a wide spatula.

Remove from oven and push contents to 1 side; tilt pan to drain fat into a corner. Spoon out and discard fat, blotting pan with towels to remove as much as possible of the remaining fat. Mix remaining tablespoon vinegar and 1 tablespoon water in pan. Let stand about 5 minutes, then stir to free browned bits.

If made ahead, cover and chill up until next day. To reheat, place in a 375° oven for about 10 minutes. Transfer to a serving dish, and keep hot on a warming tray. Spoon mixture into pocket bread halves. Makes about 3 cups, 24 appetizer servings.

Per serving: 155 cal.; 6.3 g protein; 7.3 g fat (2.5 g sat.); 16 g carbo.; 336 mg sodium; 19 mg chol.

Norwegian Meatballs

- ¼ cup regular-strength chicken broth or water
- 6 tablespoons all-purpose flour
- 2 pounds skinned and boned ground chicken or turkey breast or thigh (or a combination)
- 2 large egg whites
- 1 teaspoon dried rubbed sage
- 1 teaspoon pepper
- ½ teaspoon fennel seed
- ½ teaspoon salt
- Gjetost sauce (recipe follows)

In a bowl, smoothly mix broth with flour, then add chicken, egg whites, sage, pepper, fennel, and salt. Mix well with a fork. Make 1-tablespoon-size mounds of the meat and set slightly apart in 2 nonstick or lightly oiled 10- by 15-inch rimmed pans.

Bake in a 500° oven for 10 min-

cheesy

crunchy

like homemade

m m m

fluffy

real potato

crispy veggies

m m m

cheesy

You just said a mouthful.

Topped Baked Potatoes

Get Real. Get Ore Ida

utes. Turn meatballs over with a wide spatula. Continue baking until well browned and no longer pink in center (cut to test), 2 to 5 minutes longer. Use or, if made ahead, let cool, cover, and chill up to 2 days.

To serve, add to warm gjetost sauce (if meatballs are cold, first stir over low heat to warm); keep hot on a warming tray. Spear meatballs with small skewers to eat. Makes about 5 cups sauce and 4 dozen meatballs, 24 appetizer servings.

Per serving: 82 cal.; 10 g protein; 2 g fat (1.1 g sat.); 5.1 g carbo.; 110 mg sodium; 22 mg chol.

Gjetost sauce. In a 10- to 12-inch frying pan, braise-deglaze 1 large (8 oz.) chopped **onion** with ½ cup **regular-strength chicken broth** total (see page 184 for braise-deglaze instructions). Add 2 tablespoons **cornstarch** to pan and smoothly mix in 2 cups **regular-strength chicken broth.** On high heat, stir until boiling rapidly. Turn heat low and add 1 cup (4 oz.) shredded **gjetost cheese;** stir until cheese melts. Pour into serving bowl; use hot (sauce thins if reheated).

Lentils with Green Herbs

- 2 large (about 1 lb. total) onions, finely chopped
- 5 cups regular-strength chicken broth
- 1 can (7 oz.) diced green chilies
- 2 tablespoons mustard seed
- 1 teaspoon coriander seed
- 1 teaspoon grated lemon peel
- ½ teaspoon cumin seed
- 1 package (12 oz. or 1¾ cups) lentils, sorted for debris and rinsed
- ¾ cup lightly packed fresh cilantro (coriander)
- ¾ cup lightly packed fresh mint leaves (or parsley and ¼ teaspoon mint extract)
- ¼ cup lime juice
- Salt
- Thin lime slices and fresh cilantro sprigs
- About 1½ dozen miniature pocket bread rounds (about 3 in. wide), cut in half
- About 1 cup unflavored nonfat yogurt

In a 5- to 6-quart pan, braise-deglaze onions (see page 184) starting with 1 cup broth, then adding water, until onions are richly browned. Add remaining 4 cups broth, chilies, mustard, coriander, lemon peel, cumin, and lentils. Bring to a boil on high heat; cover and simmer until lentils are tender to bite, 35 to 40 minutes. Drain off and save liq-

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uid. Let lentils cool; if made ahead, cover and chill cooking liquid and lentils up to 3 days.

In a food processor, whirl ¾ cup cilantro and ¾ cup mint until finely chopped (or mince with a knife). Mix herbs and lime juice with lentils; add a little of the cooking liquid if you want moister lentils (use remaining liquid in soups), and salt to taste.

Pour into a bowl and garnish with lime slices and cilantro sprigs. Spoon mixture into pocket bread halves and add yogurt to taste. Makes 6 cups, 24 appetizer servings.

Per serving: 139 cal.; 7.6 g protein; 1 g fat (0.1 g sat.); 25 g carbo.; 207 mg sodium; 0.2 mg chol.

Roasted Fennel and Carrots with Belgian Endive

Be sure to use unsalted homemade broth or canned reduced-sodium broth; salted broth concentrated this much will overseason the dip.

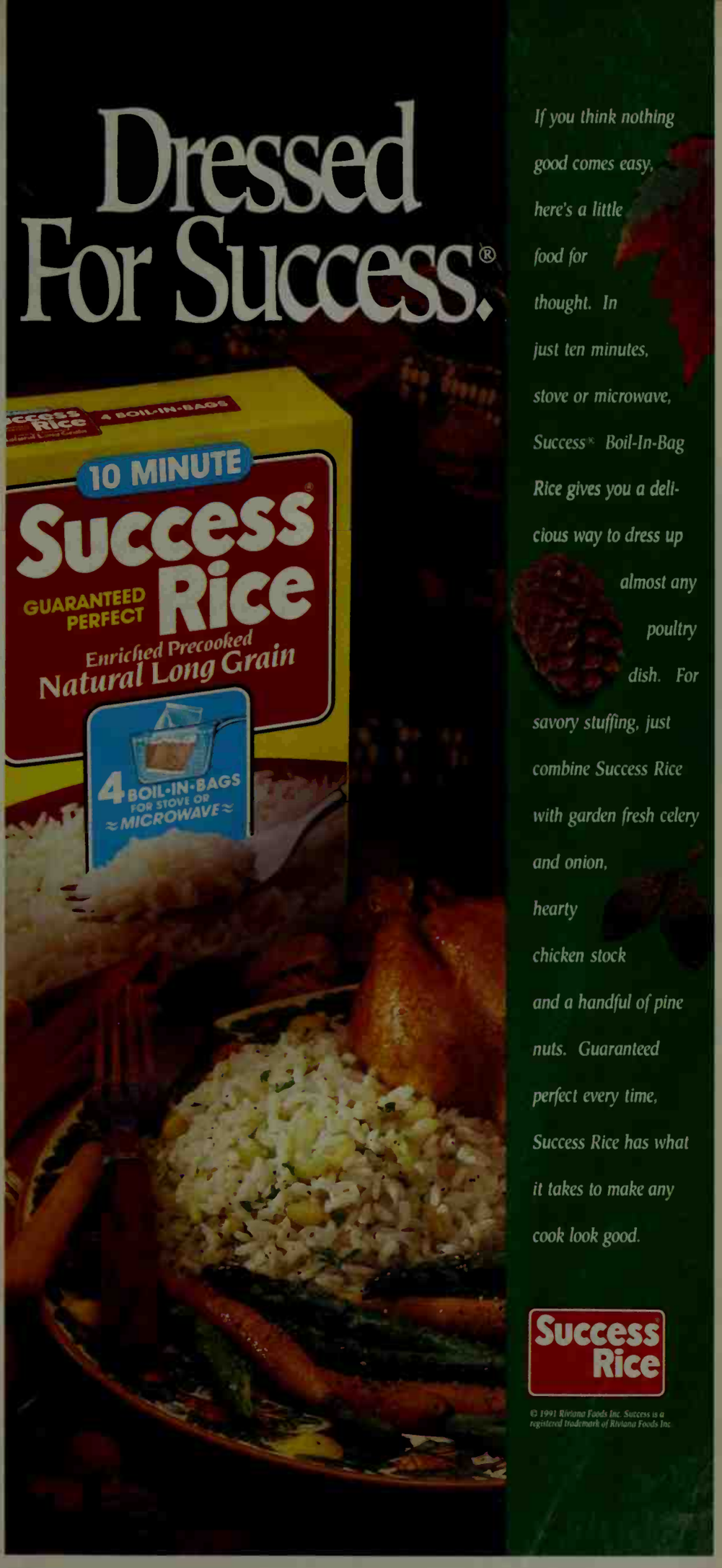
- 2 medium-size (each about 1 lb.) heads fennel, rinsed and drained
- 5 cups (about 2 lb.) finely chopped carrots
- 2 large (about 1 lb. total) onions, finely chopped
- 2 teaspoons *each* cumin seed and mustard seed
- 4 cloves garlic, minced or pressed
- 5¼ cups unsalted regular-strength chicken broth, or 4 cans (10 oz. each) low-sodium chicken broth
- Salt and pepper
- 6 heads (about 1 lb. total) Belgian endive, rinsed and crisped

Trim stems, root ends, and any bruised spots from fennel. Finely chop fennel and set aside. Wrap feathery tops in a damp towel, enclose in a plastic bag, and chill.

In a 5- to 6-quart pan over high heat, combine chopped fennel, carrots, onions, cumin, mustard, and garlic. Braise-deglaze (see page 184), starting with ½ cup broth and deglazing with ¼ cup broth each time, until vegetables are richly browned and all broth is used, about 50 minutes.

Add salt and pepper to taste. Serve warm or at room temperature. If made ahead, cover and chill up to 3 days; mound in a small bowl, garnish with fennel tops, and set on a platter. Break endive leaves from heads and arrange on platter around vegetable mixture. Spoon onto leaves to eat. Makes 4 cups vegetables, 24 appetizer servings.

Per portion: 40 cal.; 1.7 g protein; 0.6 g fat (0.1 g sat.); 7.3 g carbo.; 54 mg sodium; 0 mg chol. ■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Holiday beverages: choice is the word

Beverages are a significant part of menu and party planning this time of year, and choice is the word of the day. For those who want somewhat lighter punches, here are three from cool to hot. To help you select sparkling wines to suit the occasion, we present a guide assembled by *Sunset's* wine consultant, Bob Thompson. You also have a range of nonalcoholic beers and wines to choose from.

HOLIDAY PUNCHES

Rosy Sunrise

In a pitcher, mix 6 cups **orange juice,** 2 to 4 tablespoons **black raspberry–** or cassis-flavor **liqueur,** and ½ to ¾ cup **vodka.** Serve in ice-filled glasses. Makes 6½ to 7 cups.

Per ½-cup serving: 78 cal.; 0.8 g protein; 0.1 g fat (0 g sat.); 13 g carbo.; 1.2 mg sodium; 0 mg chol.

Southern Cider

Cut 3 thick center slices **orange** into quarters; stud with 6 to 8 **whole cloves.** In a 1½- to 2-quart pan, heat orange pieces, 4 cups **apple juice,** and 1 **cinnamon stick** (about 3 in.) to simmering. Add ½ cup **bourbon.** Ladle into mugs. Makes about 4½ cups.

Per ½-cup serving: 83 cal.; 0.1 g protein; 0.1 g fat (0 g sat.); 13 g carbo.; 3.5 mg sodium; 0 mg chol.

Smooth Slim Rum Eggnog

- 2 cups nonfat milk
- 1 tablespoon cornstarch
- About ¼ teaspoon freshly grated nutmeg
- 2 large egg whites
- ¼ cup sugar
- ¼ cup rum

Smoothly blend milk with cornstarch and ⅛ teaspoon nutmeg in a 1- to 1½-quart pan; set aside.

With a mixer, whip whites until foamy. Beating at high speed, gradually add sugar until whites hold short peaks. Stir milk mixture over high heat until just boiling. With mixer on medium speed, at once pour hot milk into whites, scraping down bowl sides. Let stand at least 4 minutes (boiling milk kills salmonella).

Add rum to eggnog; serve hot or cover and chill until cold, about 3 hours or up to 8. Pour mixture through a fine strainer into glasses. Dust with nutmeg. Makes 4½ cups.

Per ½-cup serving: 62 cal.; 2.6 g protein; 0.1 g fat (0.1 g sat.); 9.1 g carbo.; 41 mg sodium; 1.1 mg chol.

SPARKLING WINES

In the French style

The key qualities of sparkling wines styled after French Champagne are understated fruit flavors and dry, crisp, cleansing textures. Blanc de Noirs (mostly or all Pinot Noir grapes) are typically fuller-bodied and grapier-tasting than Blanc de Blancs (mostly or all Chardonnay grapes). Wines labeled only as Brut (blended Pinot Noir and Chardonnay) fall in between.

In the luxury class (limited production; $20 and up):

Chandon Napa Valley Reserve (Brut) • Gloria Ferrer Carneros Cuvée (Brut) • Iron Horse Sonoma-Green Valley Blanc de Noirs, Blanc de Blancs • Mumm Napa Valley Vintage Reserve (Brut), Napa Valley–Winery Lake (Brut) • S. Anderson Napa Valley Blanc de Noirs • Schramsberg Napa Valley Blanc de Noirs, Brut, Napa Valley Reserve (Brut).

Medium-priced ($10 to $19):

Chandon Carneros Blanc de Noirs, Napa Valley Brut • Culbertson California Brut • Domaine Carneros Carneros Brut • Gloria Ferrer Carneros (Brut), Carneros Royal Cuvée (Brut) • Gruet New Mexico Brut • Maison Deutz Arroyo Grande Brut • Mumm Napa Valley Brut Prestige • Piper-Sonoma Brut • Roederer Estate Anderson Valley Brut • S. Anderson Napa Valley 'Tivoli' (Brut) • Scharffenberger Mendocino Blanc de Blancs, Mendocino Rosé (Brut), Mendocino Brut • Shadow Creek California Brut.

Popularly priced bubbles

Wines priced to be mixed into punches or served at receptions are overtly fruity and sweet. Most such wines are made by a fast, money-saving method called charmat or bulk process. Prices run $4 to $7.50.

André California Brut • Cook's California Brut, California Extra Dry • Tott's California Brut.

California originals

Some producers include Chenin Blanc, French Colombard, Riesling, or other grapes; the result is sparkling wine with riper, more distinctively fruity flavors.

These wines may be made by methods other than classic méthode champenoise. Prices run $7 to $12.

Chateau de Baun Symphony Sonoma Brut • Domaine Masson • Korbel California Brut.

Asti spumante–style wines

A handful of California producers make intensely fruity, dessert-sweet sparkling Muscats similar to Asti spumantes. Prices run about $4 to $10.

Ballatore California Spumante • Chateau de Baun Sonoma Symphony 'Romance' • Cook's California Spumante.

NONALCOHOLIC WINES AND BEERS

For those who enjoy the flavor of wines and beer but want alternatives without alcohol, there is a growing selection to bridge the interests.

Wines. Prices range from $5 to $15 for blends and varietals, $6 to $22 for sparkling wines. Ariel (Blanc, Blanc de Noirs, Brut, Cabernet Sauvignon, Chardonnay, Riesling) • St. Regis (Blanc, California Champagne, Chardonnay, Red, White Zinfandel).

Beers. Many are made by well-known brewers. Six bottles cost $3.75 to $7.

Buckler (Heineken) • Cheers • Clausthaler (Marke) • Firestone • Goetz Pale Near Beer • Haake Beck (Beck's) • Kaliber (Guinness) • Kingsbury • Moussy • O'Doul's (Anheuser-Busch) • Paulaner ThomasBräu • Sharps (Miller) • Texas Light (regular, dark). ■

Pasta Passion #16

AVORY JUMBO SHELLS

8 RONZONI® Jumbo Shells, uncooked
/4 cup sliced green onion
Tbsp. butter or margerine, melted
pkg. (10 oz.) frozen chopped spinach, thawed, well drained
cup chopped cooked chicken
cup chopped ham (1/4" cubes)
/2 cup grated Parmesan cheese
eggs, beaten
cloves garlic, minced
3/4 tsp. dried Italian seasoning
/4 tsp. ground black pepper

Cook pasta as package directs; drain. Cool in single layer on foil. In large bowl combine remaining ingredients except Cheese Sauce; fill each cooled shell with about 2 Tbsp. spinach mixture. Heat oven to 350°F. Prepare Cheese Sauce; pour 1 cup sauce into 12"x8" baking dish. Place shells in dish; cover with remaining sauce. Bake 25-30 min. Makes 6 servings (3 shells ea).

CHEESE SAUCE

3 Tbsp. butter or margerine
1 clove garlic minced
3 Tbsp. all-purpose flour
1/8 tsp. ground black pepper
2 cups milk
1/2 cup grated Parmesan cheese

In medium saucepan, melt butter; cook 1 minute. Blend in flour and pepper; gradually stir in milk. Cook, stirring constantly, over medium heat, until sauce begins to thicken. Stir in Parmesan cheese; heat until thickened.

AL FORNO

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RONZONI® SONO BUONI® *(RONZONI IS SO GOOD)*

PETER CHRISTIANSEN

Ruffles of fila, decorated with wired ribbon, enclose rum-soaked macadamia nut cake.

One little cake makes a bundle, box, sweet stick

Behind each of these beautiful desserts is one recipe for a fine-grain, tender-textured cake. You bake the batter in muffin cups for the dessert bundled in fila to make a gift package to end a meal. For another dessert, you bake the batter in little rectangular pans, then wrap the cake in pink marzipan with a marzipan bow. For the last dessert, you add a little cornmeal to the batter and bake it in cornbread stick pans to make a crunchy cooky-cake just right for dunking in hot chocolate.

Smooth wrap of pink marzipan with a bow makes a gift of tender cake with raspberry filling.

Dry corn husks cradle cocoa-dusted cornstick cakes to eat with hot chocolate.

Fila-wrapped Rum Cake Bundles

- ½ cup finely chopped salted macadamia nuts
- 1 recipe pound cake batter (directions follow)
- Rum syrup (directions follow)
- 24 sheets fila dough, each about 11 by 17 inches (⅓ to ½ lb.)
- ½ cup (¼ lb.) butter or margarine, melted
- Cotton string
- About 6 yards ½-inch-wide satin or grosgrain ribbon, cut into 12 equal pieces

Stir nuts into cake batter, then spoon batter equally into 12 buttered and floured 2½-inch muffin cups. Bake in a 300° oven until a toothpick inserted in center of cakes comes out clean, about 25 minutes. Cool in pan on a rack for 5 minutes. Run a knife between each cup and cake and invert pan to release cakes.

Set warm cakes close together on a rimmed plate or pan. With a fork or slender skewer, pierce holes about 1 inch deep and about ¼ inch apart all over tops of cakes. Immediately pour an equal amount of rum syrup over

Healthy Holidays
With Blue Diamond Almonds

Almond Apple Wheat Bread Stuffing

2 Cups chopped Granny Smith apples
1½ Cups (5 oz.) **BLUE DIAMOND** Natural Sliced Almonds
¾ Cup chopped onions
¾ Cup chopped celery
4 Tablespoons butter or margarine
1 Teaspoon ground cinnamon
½ Teaspoon poultry seasoning
¼ Teaspoon salt
6 Cups cubed whole wheat bread
1 Cup raisins
1 Egg, lightly beaten
⅓ to ½ Cup apple cider or juice

Sauté apples, **BLUE DIAMOND** Almonds, onion and celery in butter for 5 minutes, stirring frequently. Remove from heat. Stir in cinnamon, poultry seasoning and salt. Toss together bread cubes and raisins; add apple mixture. Stir egg in ⅓ cup apple cider; toss into bread mixture. Add remaining apple cider if a moister stuffing is desired. Use to stuff a 15 to 20 lb. turkey, or two large roasting chickens. Spoon any remaining stuffing into a lightly greased 9" × 5" loaf pan. Bake, covered, during the last 30 to 40 minutes of roasting. Makes 10 cups.

NOTE. Recipe can be halved (use 1 egg), or doubled.

Good Housekeeping

A CAN A WEEK...
MORE DURING THE HOLIDAYS

As a wholesome and delicious snack or as an accent to many recipes, Blue Diamond Almonds enhance your season of healthy entertaining.

each cake. Let cakes stand until cool, about 30 minutes.

Lay 1 fila sheet flat; brush lightly with butter. Keep remaining fila covered with plastic wrap to prevent drying. Top buttered fila with another fila sheet; brush lightly with butter. Cut buttered sheets in half crosswise. Set 1 section on top of the other to form a cross.

Place 1 rum-soaked cake in center of fila cross. Gently lift fila up and around cake, gathering at the top; tie pastry with a piece of string to hold it around cake. Set cake bundle in a buttered 10- by 15-inch rimmed pan.

Repeat to shape remaining cake bundles, setting them slightly apart in pan. At this point you can cover them airtight with plastic wrap and chill up to 1 day.

Cut 12 pieces of foil, each 6 inches square. Loosely cup a foil piece over ruffled top of each bundle. Bake on the lowest rack in a 350° oven for 10 minutes; gently remove foil caps and continue baking until ruffles are browned, about 5 minutes longer. Let cool 10 minutes. At once, with a wide spatula, transfer bundles to a platter or dessert plates. Tie ribbons in bows below fila ruffles. Serve warm or let stand up to 1 day. Makes 12.

Per piece: 472 cal.; 4.4 g protein; 25 g fat (13 g sat.); 53 g carbo.; 300 mg sodium; 105 mg chol.

Pound cake batter. In a large bowl with a mixer, beat ¾ cup (⅜ lb.) **butter** or margarine until creamy. Add 1¾ cups sifted **powdered sugar;** stir to mix, then beat until mixture is fluffy. Add 3 **large eggs,** 1 at a time, beating well after each addition. Add ½ teaspoon **vanilla** and 1¼ cups sifted **cake flour;** stir to mix, then beat to blend well.

Rum syrup. In a 1½- to 2-quart pan, combine 1 cup **sugar,** ¼ cup **light corn syrup,** and 6 tablespoons **water.** Stir over medium-high heat until mixture simmers. Continue heating, without stirring, until mixture boils. Cover and boil until sugar dissolves and liquid is clear, about 1 minute. (If you don't cover pan and do stir boiling syrup, crunchy sugar crystals will form in cake.)

Remove from heat and uncover; let stand 5 minutes. Stir in 10 tablespoons **rum.** Use hot or reheated; if made ahead, cover and let stand up to 1 day. Makes 1¾ cups.

PETER CHRISTIANSEN

Rolled sheet of marzipan (left) is folded around cake.

Buttered fila layers are tied over cake (below), then baked.

Miniature Marzipan Gift Boxes

1 recipe pound cake batter (directions precede)

¼ cup raspberry preserves

2 tablespoons black raspberry–flavor liqueur

Powdered sugar

Tinted marzipan (directions follow)

⅔ cup packed (6 to 7 oz.) marzipan

Butter and flour-dust 6 miniature loaf pans, each about 2½ by 4 inches. Spoon cake batter equally into pans; spread batter smooth.

Bake in a 300° oven until a toothpick inserted in center of cakes comes out clean, 30 to 35 minutes. Set pans on a rack for 5 minutes. Run a knife between each cake and pan; invert cakes onto racks to cool.

With a serrated knife, slice each cake in half horizontally. Combine preserves and liqueur; equally spread mixture on cut surface of each cake bottom. Set cake tops (cut down) on jam. If made ahead, wrap each cake airtight and hold at room temperature up until next day.

Lightly coat a sheet of waxed paper (at least 12 by 15 in.) with powdered sugar. Form ⅙ of the tinted marzipan into a flat, square patty and set on sugar. Sprinkle marzipan lightly with more sugar, then cover with another sheet of waxed paper. Roll marzipan to form a rectangle about 5½ by 7 inches. If paper wrinkles and gets embedded in marzipan, peel off and replace paper.

Peel top paper off marzipan. Gently pull and lift marzipan from bottom paper. Carefully center marzipan atop a cake and drape edges over cake sides. At narrow ends, fold marzipan to fit snugly against cake; trim edges flush with cake. Repeat to wrap remaining cakes.

Roll plain marzipan between sheets of sugar-dusted waxed paper to form a 9-inch square. Peel off top paper; cut marzipan into 18 equal strips. To create a "ribbon" on each cake, gently lift 1 marzipan strip and lay it lengthwise on center of a cake, pressing lightly to stick to tinted marzipan. Drape a second strip of plain marzipan across the center of the first, pressing gently into place. Trim edges flush with cake base.

To make a bow, cut 1 strip into a 6-inch piece and 3-inch piece. Loop ends to the center of each strip. Center small loop on top of the big one, then center on top of the cake. Repeat to put bows on remaining cakes.

Gather plain scraps and reroll between sugared waxed paper; cut 6 strips about ¼ inch by 1½ inches. Fold each strip around the center of the bow to cover the joint. Serve, or cover airtight without touching up to 1 day. Makes 6; each cake serves 2.

Per serving: 392 cal.; 4.5 g protein; 15 g fat (7.7 g sat.); 61 g carbo.; 140 mg sodium; 85 mg chol.

Tinted marzipan. Put 1 cup packed (about 12 oz.) **marzipan** in a bowl. Add **red food coloring,** kneading in 1 drop at a time, until mixture is an even-colored pale pink. If made ahead, chill airtight up to 2 days. Use at room temperature.

Corn Cake Sticks in Cornhusks

About ¼ cup yellow cornmeal

1 recipe pound cake (batter directions precede)

Cooking oil spray

1 tablespoon unsweetened cocoa

About 42 dry cornhusks (6 to 8 in. long)

Stir ¼ cup cornmeal into cake batter. With oil spray, lightly coat cornstick pans with molds about 5½ inches long. (You will need to bake about 19 cakes total, but batter can stand if you have only 1 pan and bake cakes in sequence.) Sprinkle cornmeal lightly into molds; shake out excess. Spoon 2½ tablespoons batter into each mold.

Bake in a 300° oven until a toothpick inserted in center comes out clean, 30 to 35 minutes. Cool 5 minutes. Then, with the tip of a small knife, loosen sticks from pans; invert onto racks and cool completely. (If reusing pan, wash, dry, oil, and dust with cornmeal after each batch.)

Lightly dust the patterned side of the cakes with cocoa. Overlap 2 cornhusks lengthwise; set a cake in the center the length of the husks. Fold husk around cake, overlapping, then tie cut end of husks with a thin strip of more husk. Repeat to wrap remaining cakes. If made ahead, cover airtight and hold up to 1 day. Makes 19.

Per piece: 144 cal.; 1.8 g protein; 8.5 g fat (4.9 g sat.); 16 g carbo.; 85 mg sodium; 53 mg chol. ■

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Stove Top STUFFING MIX *in the canister.*

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PETER CHRISTIANSEN

PICKLED BEETS, *scallions, and petite peas combine in pink sushi rice; accompany with nori for wrappers (top right) and yogurt, ginger, horseradish, shrimp, soy, and vinegar to taste.*

CRISP NORI ROLL *holds vegetables, rice, and shrimp; pick up to eat.*

This sushi is Western . . . and it's pink

You use pickled beets and a colorful collection of East-West condiments

BRILLIANT PINK SUSHI merges traditional Japanese sushi with Western ingredients. Juice from canned pickled beets dyes the sweet-tart rice mixture pink, and diced beets add texture and earthy flavor.

Present the rice with nori and a colorful collection of East-West condiments.

Pickled Beet Sushi

Look for the Japanese ingredients at well-supplied supermarkets or Asian stores.

6 sheets (about 8 in. square) plain or seasoned nori

Pink sushi rice (recipe follows)

Condiments (choices follow)

Soy sauce

Prepared horseradish

If nori is pretoasted and package is just opened, use as is. If not, toast or recrisp:

Over a gas burner, hold each sheet of nori with tongs and pass 1 side 1 inch above flame until nori goes limp, 5 to 10 seconds.

Over an electric burner, cook 1 sheet at a time in a 10- by 12-inch frying pan over medium heat just until nori bubbles slightly, 5 to 10 seconds.

Cut toasted nori into 4- to 5-inch squares. (If you do this step ahead, wrap nori airtight up until the next day.)

To serve, stack nori in a basket. Serve rice on a large platter. Present condiments, soy sauce, and horseradish in containers.

To assemble sushi, place a piece of nori in the palm of your hand. Spoon about ¼ cup rice into center; add condiments to taste. Overlap corners of nori to enclose filling. Dip in soy sauce (flavored with horseradish, if desired). Makes 8 to 10 appetizer or 4 main-dish servings.

Per appetizer serving without condiments: 150 cal.; 3.3 g protein; 0.2 g fat (0.1 g sat.); 33 g carbo.; 218 mg sodium; 0 mg chol.

Pink sushi rice. Drain 1 small can (about 8 oz.) **sliced pickled beets;** reserve juice. To juice, add enough **water** to make 1¾ cups. Finely dice beets and set aside.

In 2- to 3-quart pan, cover 1½ cups **short-grain (pearl) rice** with water; stir, then drain. Repeat until water is clear; drain. Add beet juice mixture to rice. Cover; bring to a boil over high heat. Reduce heat to low; cook, without stirring, until liquid is absorbed, 10 to 15 minutes.

Gently stir in ¼ cup **seasoned rice vinegar** (or ¼ cup distilled vinegar with 2 tablespoons sugar and salt to taste).

Spread rice in a 10- by 15-inch baking pan. Let cool to room temperature. (If made ahead, cover and store at room temperature up to 6 hours. Do not refrigerate.)

Mix rice, beets, ½ cup sliced **pickled scallions** or cocktail onions, and 1 cup thawed **frozen petite peas.**

Condiments: ½ to ¾ pound **shelled cooked tiny shrimp** and about ¼ cup *each* **unflavored yogurt, sliced** or slivered **pickled ginger,** and **seasoned rice vinegar** (or ¼ cup distilled vinegar with 2 tablespoons sugar and salt to taste). ■

Why a half-baked bread is such a hot idea.

It takes just ten minutes to satisfy your taste for bread from scratch.

To enjoy hot, European-style bread, you don't need to knead. Or fly to Paris. You don't even have to go out to eat.

Simply take Bread du Jour out of the package and place it in the oven. In five minutes, the inviting aroma fills every corner of your kitchen. In ten minutes, it's ready to eat.

You can tell how good it tastes even before you eat it.

The secret is a recipe that really is half-baked. We sift the country for the finest ingredients. And make the dough from scratch using old-world recipes. But instead of letting it bake all the way, we take it out of the oven a few minutes early. And leave the finishing touches to you.

In other words, we do the hard part. So you can do the rewarding part, the golden brown and crusty part, the "Gee, it smells wonderful" part.

Bread du Jour makes any dinner seem like Sunday dinner.

In fact, Bread du Jour is so convenient, you'll be tempted to serve it on more than just special occasions. And why not? In Europe, hot, crusty breads of this caliber have always been an everyday affair.

So instead of serving Bread du Jour with wine and candlelight, we suggest you also try it with spaghetti and meatballs. Because with four delicious varieties to choose from (French, Crusty Italian, Bavarian Cracked Wheat and Breadsticks), you can add a touch of elegance to any meal. Any day.

Of course, some stores would charge a premium price for a bread this special. But the fact is, you can buy Bread du Jour at almost any supermarket for little more than the cost of ordinary sandwich bread.

So pick up a loaf of Bread du Jour today. And find out for yourself why the only thing as good as homemade bread is a half-baked idea.

Extra-long loaves

Roman focaccia, sesame board, cracker bread . . . they are all made with the same basic dough

LONG LOAVES OF flatbread dressed with special seasonings can add big-size drama to the table. While our breads are limited to 17 inches (the length of a baking sheet), loaves baked in traditional wood-burning ovens can exceed 10 feet.

Each of the recipes below begins with a basic dough flattened on rimless baking sheets; the dough's thickness and the dressing and seasonings determine each bread's character. You can choose from a sesame-speckled loaf; crisp whole-wheat sage crackers; and thin, chewy focaccia.

Both the sesame loaf and the Roman focaccia are best eaten within 8 hours of baking. To store them longer, wrap airtight and freeze. Reheat frozen loaves, lightly covered, in a 350° oven until warm, 15 to 25 minutes. The cracker bread can be stored airtight at room temperature up to 3 days.

Sesame Board

- 1 package active dry yeast
- 2 cups warm water (about 110°)
- 2 tablespoons sugar
- 1 teaspoon salt
- 2 tablespoons Oriental sesame oil or salad oil
- 5⅓ to 5¾ cups all-purpose flour
- About 1 tablespoon beaten egg
- 3 tablespoons white or black sesame seed

In a large bowl, soften yeast in water, about 5 minutes. Stir in sugar, salt, and oil. Add 3 cups flour, then beat with a heavy-duty electric mixer on high speed until dough is stretchy and glossy, about 5 minutes. Stir in 2⅓ cups more flour.

To knead with a dough hook, beat dough on medium speed until it pulls away from bowl sides and is smooth and no longer sticky, about 5 minutes; if sticky, add flour 1 tablespoon at a time. Remove dough hook; cover bowl with plastic wrap.

To knead by hand, turn dough out onto a floured board, then knead until smooth and no longer sticky, about 8 minutes; add flour,

WITH A PIZZA CUTTER, *slice flattened dough into even rows about ½ inch apart; leave ½ inch uncut at both ends. Let rise until puffy, brush with egg, coat with sesame, and bake. To eat, tear sesame-speckled bread along precut rows into strips. Serve warm or at room temperature.*

FOR A DRAMATIC APPETIZER, *break pieces of crisp pan-size cracker bread to eat with cheese. Fresh sage leaves embedded in bread season and decorate it.*

DARROW M. WATT

GLENN CHRISTIANSEN

BAKER *at Il Fornaio in Albano Laziale, south of Rome, proudly displays focaccia baked in 12-foot-long oven. Customers enjoy the olive oil–anointed bread plain or in sandwiches.*

as required, to prevent sticking. Return dough to bowl; cover with plastic wrap.

Set dough in a warm place and let rise until doubled—about 1 hour—or let rise overnight in the refrigerator. Punch dough down and turn onto a floured board. Knead until smooth.

Grease a rimless 14- by 17-inch or 12- by 15-inch baking sheet. On a lightly floured board, shape dough into a 14-inch-long log. Roll dough into a ½-inch-thick strip about the length of baking sheet. Lay dough on sheet, then roll to a ⅓-inch thickness. With a pizza cutter or knife, make cuts down length of dough about ½ inch apart and to within ½ inch of ends and sides.

Cover lightly with plastic wrap and let rise in a warm place until puffy, 20 to 30 minutes. Brush with egg and sprinkle evenly with sesame seed. Bake in a 400° oven until richly browned, about 30 minutes. Cool on rack. Serve warm or cool. Makes 1 loaf, about 2 pounds.

Per ounce: 92 cal.; 2.4 g protein; 1.5 g fat, (0.2 g sat.); 17 g carbo.; 69 mg sodium; 2 mg chol.

Sage Cracker Breads

Make dough for **sesame board** (preceding) except use **olive oil** instead of Oriental sesame oil, and 2⅓ cups **whole-wheat flour** for the second addition of all-purpose flour. Also add 2 tablespoons minced **fresh sage leaves** or 1 tablespoon dry sage leaves to dough.

Grease 3 rimless baking sheets, each 14 by 17 inches. Dust each of the baking sheets with **wheat germ.**

Shape dough into 3 equal logs about 14 inches long. Roll each to ½ inch thick and lay down the length of 1 pan. Sprinkle lightly with **coarse salt.** Lay 12 to 16 damp **fresh sage leaves** randomly over each dough strip, or sprinkle evenly with 1 teaspoon dry sage leaves. With a lightly floured rolling pin, roll the strips ⅛ inch thick. (Don't let rise, cut, or brush with egg, and omit the sesame seed.) If you can't bake all the loaves at 1 time, stagger the shaping procedure, so each loaf can go into the oven as it's completed.

Bake in a 375° oven (changing pan positions after 8 minutes if using 1 oven) until browned and crisp throughout, 15 to 20 minutes. Cool on racks. Cool loaves should be crisp like a cracker; if not, return cracker bread to oven for a few minutes to dry completely. If made ahead, wrap airtight and store at room temperature up to 3 days. Makes 3 loaves, each about 9 ounces. Break into pieces to eat.

Per ounce: 102 cal.; 3.2 g protein; 1.5 g fat, (0.2 g sat.); 19 g carbo.; 83 mg sodium; 2.4 mg chol.

Roman Thin Focaccia

Make dough for **sesame board** (preceding), but substitute **olive oil** for the Oriental sesame oil. Grease 2 rimless 14- by 17- or 12- by 15-inch baking sheets. Dust sheets lightly with **wheat bran** or cornmeal.

Shape dough into 2 equal logs about 14 inches long. Roll each to ½ inch thick and lay down the length of 1 pan. Drizzle 1 tablespoon **extra-virgin olive oil** over each loaf. With your fingertips, press all over dough surface, flattening dough to a ¼-inch thickness. Sprinkle lightly with **coarse salt** and **pepper;** let stand, uncovered, at room temperature until slightly puffy, 15 to 20 minutes. (Do not cut dough, brush with egg, or sprinkle with seed.)

Bake in a 400° oven (changing pan positions after 8 minutes if using 1 oven) until golden brown all over, 15 to 20 minutes. Cool on racks. Just before serving, brush each loaf with 1½ to 2 tablespoons **extra-virgin olive oil.** Cut crosswise into individual pieces. Serve warm or cool. Makes 2 loaves, each about 1 pound.

Per ounce: 107 cal.; 2.3 g protein; 3.3 g fat, (0.5 g sat.); 17 g carbo.; 71 mg sodium; 2 mg chol. ■

PETER CHRISTIANSEN

ANISE AND ALLSPICE *lend an unusual sweet note to hearty lamb and bean stew.*

The surprise is a sweet spice

THE SWEETER SPICES, such as allspice, cinnamon, cloves, and nutmeg, needn't be limited to desserts and baked goods. When used in savory dishes, as in the following recipes, they add an exotic richness and depth of flavor.

Lamb Stew with White Beans, Anise, and Allspice

- 1½ pounds boneless lamb stew meat, excess fat trimmed
- 1 large (about 10 oz.) onion, chopped
- 2½ cups regular-strength beef broth
- 1 tablespoon minced fresh ginger or 1 teaspoon ground ginger
- 1 tablespoon grated orange peel
- 2 teaspoons anise seed
- ½ teaspoon ground allspice
- ¼ teaspoon cayenne
- 3 large (about ⅔ lb. total) carrots, peeled and cut diagonally into thin slices
- 3 cans (15 oz. each) cannellini beans, rinsed and drained
- 1 tablespoon cornstarch dissolved in ¼ cup water
- 3 tablespoons minced fresh cilantro (coriander)
- Fresh cilantro (coriander) sprigs

Place lamb in a 5- to 6-quart pan with onion and ¼ cup water. Cover and bring to a boil over high heat, then simmer 30 minutes. Uncover pan and boil over high heat until liquid evaporates, about 10 minutes. When meat sizzles, add ¼ cup water; stir to release browned bits. When the liquid evaporates, repeat procedure once.

To pan, add broth, ginger, orange peel, anise, allspice, and cayenne; stir to free browned bits from pan bottom. Bring the mixture to a boil, then cover tightly and simmer until meat is very tender when pierced, 1 to 1¼ hours. Add the carrots and simmer until carrots are tender when pierced, about 20 minutes longer.

Add beans to pan. Bring to a boil over high heat. Add cornstarch mixture; stir until stew returns to a boil. Mix in minced cilantro. Transfer stew to a serving dish. Garnish with fresh cilantro sprigs. Makes 6 servings.

Per serving: 502 cal.; 32 g protein; 25 g fat (11 g sat.); 35 g carbo.; 354 mg sodium; 80 mg chol.

Sweet-spiced Shredded Pork

- 1¼ pounds boneless pork shoulder or butt, excess fat trimmed
- 1 large (about 10 oz.) onion, chopped
- 2 cloves garlic, minced or pressed
- 1 can (28 oz.) tomatoes, undrained
- 1 cup regular-strength beef broth
- 1 can (4 oz.) diced green chilies
- ¼ cup raisins
- 2 tablespoons cider vinegar
- 1 cinnamon stick (about 2½ in. long) or 1 teaspoon ground cinnamon
- ½ teaspoon ground cloves
- ½ teaspoon pepper
- 8 flour tortillas (6 to 8 in. wide)
- Salt

Cut pork into 1½-inch pieces. Place meat in a 4- to 5-quart pan with onion and garlic. Cover and cook over medium-high heat until meat and onion exude juices, 10 to 12 minutes. Uncover and stir often until liquid evaporates and meat and onion are browned, about 15 minutes.

To pan, add the tomatoes and their liquid, broth, green chilies, raisins, vinegar, cinnamon, cloves, and pepper. Stir to release browned bits from pan bottom. Cover pan and simmer until meat is very tender when pierced, 1¼ to 1½ hours. Uncover and, over high heat, boil mixture until excess liquid evaporates, about 10 minutes. Using two forks, coarsely shred meat.

If made ahead, cool, cover, and chill up to 2 days. To reheat, place mixture over medium heat, stirring occasionally, until hot throughout, about 10 minutes.

Meanwhile, wrap tortillas in foil; bake in a 350° oven until warm, 15 to 20 minutes. (Or wrap in plastic wrap and cook in a microwave oven at full power—100 percent—until warm, about 1 minute.)

Transfer meat to serving container. To eat, spoon mixture into warm tortillas. Season to taste with salt. Makes 4 servings.

Per serving: 637 cal.; 31 g protein; 37 g fat (12 g sat.); 49 g carbo.; 871 mg sodium; 102 mg chol. ■

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Chili like you've never tasted before.

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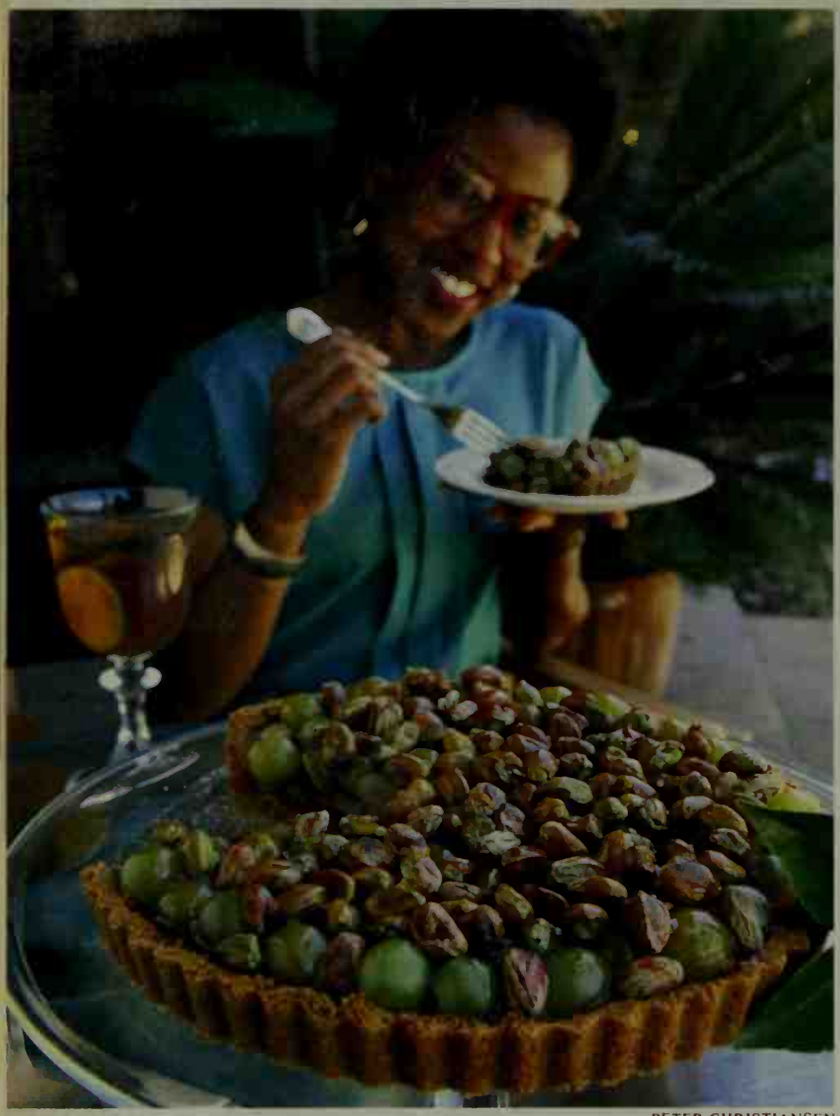

PETER CHRISTIANSEN

PISTACHIOS AND GREEN GRAPES *sparkle through a rich caramel glaze; glaze holds tart filling in place.*

What are you doing with fall pistachios?

How about trying these? Dessert, sauce, and spread

WHEN THE FALL harvest of California's pistachios is tallied, it comes in second among the world's supplies of the subtle green nuts. These Western favorites have a tender crunch and a slightly floral-peach flavor.

It's this sensual balance that makes pistachios compatible with fruit, herbs, and cheese, in both sweet and savory combinations. For a dessert in shades of green, try pistachios and green grapes with a caramel glaze. Mixed with onion, chilies, and cilantro, pistachios make a refreshing sauce to go with fish; with cheese, the nuts make a flavorful spread.

Pistachio and Grape Caramel Tart

- 2 cups seedless green grapes
- Graham cracker crust (recipe follows)
- 1 cup shelled roasted, salted pistachios
- 1 cup sugar
- ½ cup water
- About 6 tablespoons whipping cream
- 2 teaspoons grated orange peel

Spread grapes level in crust, then scatter pistachios onto fruit.

In a 1½- to 2-quart pan, stir together sugar and water. Cook over medium-low heat until syrup is clear, 15 to 18 minutes; do not stir. As syrup cooks, frequently wash off sugar crystals that form on pan sides with a wet brush. Turn heat to high and boil syrup, uncovered, until the color is golden brown (about 360° on a thermometer), 5 to 7 minutes; do not wash pan sides.

Remove from heat and smoothly stir in 6 tablespoons cream, then add peel. Caramel should have the consistency of corn syrup. If thicker, add a little more cream; if thinner, stir over low heat until it thickens. Pour warm glaze evenly over grapes and nuts. Let cool until firm enough to cut, at least 2 or up to 6 hours (glaze melts slowly). Remove pan rim. Serves 8 to 10.

Per serving: 367 cal.; 4.5 g protein; 18 g fat (7.4 g sat.); 49 g carbo.; 239 mg sodium; 32 mg chol.

Graham cracker crust. Mix 1½ cups **graham cracker crumbs** (about 24 squares), ¼ cup **sugar,** and 2 tablespoons **all-purpose flour.** Add 7 tablespoons melted **butter** or margarine; stir until well mixed. Press over bottom and sides of a 9-inch tart pan with removable rim. Bake in a 350° oven until it turns a slightly darker brown, about 15 minutes. Let cool; if made ahead, cover and chill up until next day.

Baked Fish with Pistachio Salsa

- ¼ cup *each* minced green onion and lime juice
- 2 tablespoons diced canned green chilies
- 1 tablespoon minced fresh cilantro (coriander)
- ½ cup chopped roasted, salted pistachios
- Baked fish (recipe follows)
- Salt and pepper

Mix together onion, lime juice, chilies, and cilantro; if made ahead, cover and chill up to 4 hours. Stir pistachios into onion mixture. Spoon sauce onto portions of hot fish and add salt and pepper to taste. Makes 4 servings.

Per serving: 263 cal.; 35 g protein; 11 g fat (2 g sat.); 5.6 g carbo.; 214 mg sodium; 70 mg chol.

Baked fish. Rinse and pat dry about 1½ pounds boned and skinned **firm-texture white-flesh fish** (such as Chilean sea bass, halibut, or sole); cut steaks about 1 inch thick or fold fillets to make 1 inch thick. Divide into 4 portions and lay them slightly apart in a lightly oiled 9- by 13-inch pan. Bake in a 450° oven until fish is opaque but still moist-looking in center of thickest part (cut to test), 8 to 10 minutes.

Pistachio-Onion Cheese

- 1½ pounds (about 3 large) onions, chopped
- About 1¾ cups regular-strength chicken broth
- 1 package (8 oz.) neufchâtel (light cream) cheese
- 1 cup chopped roasted, salted pistachios
- Crackers or baguette slices

In a 10- to 12-inch frying pan over high heat, boil onions and ¾ cup broth, uncovered, until liquid evaporates and onions start to brown; stir often. Stir in ¼ cup broth to release browned bits, and boil dry again. Repeat until onions are a rich brown, 2 or 3 more times; cool.

Mix the onions with cheese and nuts. If made ahead, cover and chill up to 4 days. Spread on crackers. Makes 2 cups.

Per tablespoon spread: 100 cal.; 3.8 g protein; 7 g fat (2.6 g sat.); 5.6 g carbo.; 97 mg sodium; 11 mg chol. ■

Uno.

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Tres.

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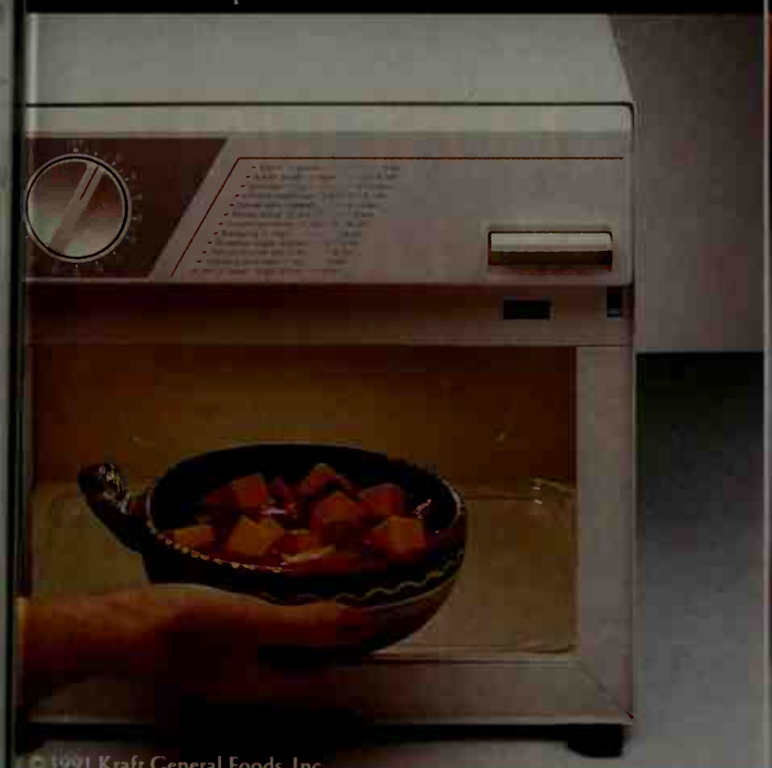

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SUNSET'S KITCHEN CABINET

Creative ways with everyday foods—submitted by *Sunset's* readers, tested in *Sunset's* kitchens, approved by *Sunset's* taste panels

Indonesian Brown Rice Salad

Carla Van Dyke, Ketchum, Idaho.

MIX BROWN RICE *with vegetables, raisins, and lime dressing for grain salad.*

- 2 cups long-grain brown rice
- 1 medium-size (about 6 oz.) red or green bell pepper
- ⅓ pound Chinese pea pods, strings removed
- 5 green onions, ends trimmed
- 1 can (about 8 oz.) water chestnuts, drained and chopped
- ¼ cup chopped fresh cilantro (coriander)
- ¼ cup raisins (optional)
- Lime dressing (recipe follows)

In a 2½- to 3-quart pan, combine rice and 4½ cups water. Bring to a boil; cover and cook on low heat until rice is tender to bite, about 45 minutes. Cool.

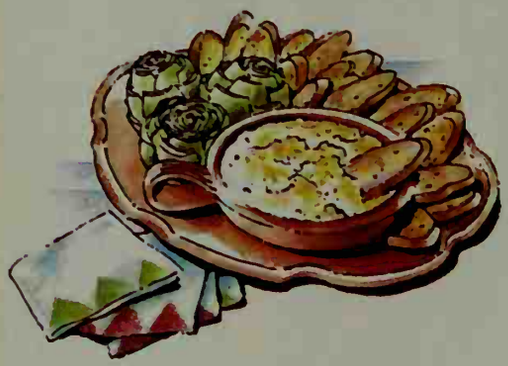
Stem, seed, and chop the bell pepper. Thinly slice the peas and onions. In a large bowl, combine bell pepper, peas, onions, water chestnuts, cilantro, raisins, rice, and dressing. Mix to blend. Spoon salad into a shallow bowl. Makes 8 servings.

Lime dressing. Mix ⅔ cup **rice** or cider **vinegar,** 2 tablespoons reduced-sodium **soy sauce,** 2 tablespoons **lime juice,** 1 tablespoon minced **fresh ginger,** 2 teaspoons minced **garlic,** and 1 teaspoon **Oriental sesame oil** or salad oil.

Per serving: 213 cal.; 5 g protein; 2 g fat (0.4 g sat.); 44 g carbo.; 158 mg sodium; 0 mg chol.

Hot Artichoke Dip

Doris Keyes, San Juan Capistrano, Calif.



SCOOP UP HOT *artichoke-cheese mixture with baguette slices or artichoke leaves.*

- 1 cup grated parmesan cheese
- 1 large package (8 oz.) neufchâtel (light cream) cheese, at room temperature
- 1 cup light sour cream or reduced-calorie mayonnaise
- ⅛ teaspoon dry dill weed
- 1 large can (13¾ oz.) artichoke hearts, drained and chopped
- Whole cooked artichokes (optional)
- Toasted baguette slices

Set aside 1 tablespoon parmesan cheese. In a bowl with a mixer, beat the remaining parmesan, neufchâtel cheese, sour cream, and dill weed until well blended and creamy. Stir in chopped artichoke hearts until blended. Spoon mixture into an attractive shallow 3- to 4-cup baking dish. Sprinkle with the reserved 1 tablespoon parmesan cheese. (If made ahead, cover and chill up until the next day.)

Bake, uncovered, in a 325° oven until lightly browned and hot in center, 30 to 45 minutes. Scoop up mixture with artichoke leaves and bread slices. Makes 3 cups, 16 to 18 appetizer servings.

Per serving: 81 cal.; 4.4 g protein; 6.1 g fat (3.6 g sat.); 2.6 g carbo.; 140 mg sodium; 18 mg chol.

Turkey and Lima Stew

Lita J. Verts, Corvallis, Ore.

SERVE TURKEY AND LIMA STEW *with egg noodles and jellied cranberry relish.*

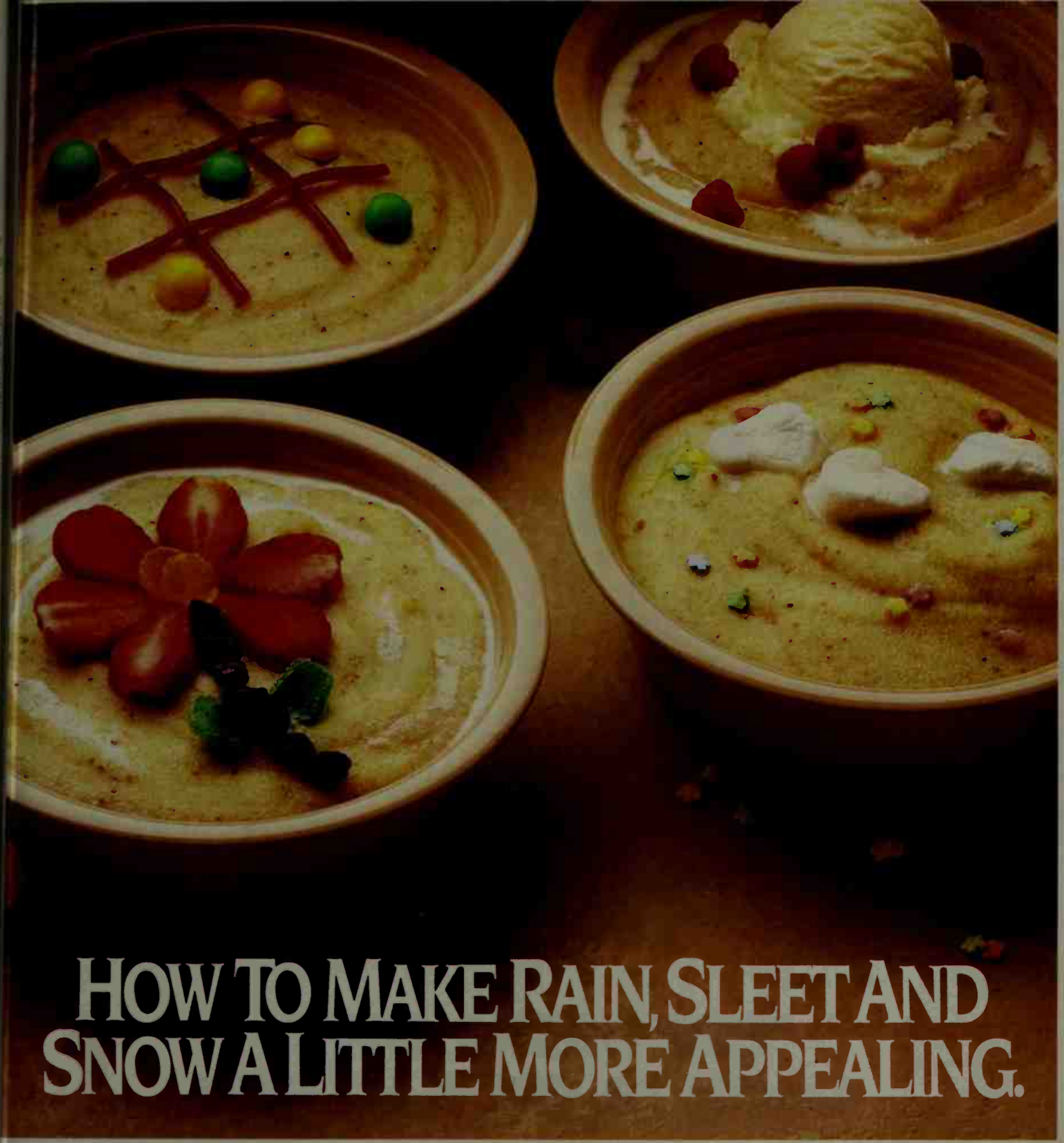
- 1 large (½ lb.) onion, chopped
- 2 cups (6 oz.) sliced mushrooms
- 1 cup thinly sliced carrots
- 1 teaspoon dry thyme leaves
- About 3 cups regular-strength chicken broth
- 2 tablespoons lemon juice
- 2 pounds skinned and boned turkey or chicken thigh, fat trimmed, cut into 1-inch pieces
- 1 tablespoon cornstarch
- 1 package (10 oz.) frozen baby lima beans

In a 5- to 6-quart pan, combine onion, mushrooms, carrots, thyme, and 1 cup broth. Boil, uncovered, on high heat until liquid evaporates and brown bits form in pan, 10 to 15 minutes; stir often.

To deglaze pan, add ¼ cup broth and stir to release bits. Boil, uncovered, until browned bits form; stir often. Deglaze 2 or 3 more times or until the mixture is a rich brown. Deglaze a final time with lemon juice.

When pan is dry, stir in turkey and ½ cup broth. Cover; simmer over low heat until turkey is tender, 40 to 50 minutes (25 to 30 minutes for chicken). Skim fat. Mix ¾ cup broth and cornstarch; add with limas to pan and stir over medium-high heat until sauce boils. Serves 6.

Per serving: 298 cal.; 36 g protein; 7.4 g fat (2.3 g sat.); 20 g carbo.; 182 mg sodium; 114 mg chol.



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Dried Beef Clam Chowder

Lois Dowling, Tacoma.

FLECKS OF DRIED BEEF *and corn enrich flavor and texture of clam chowder.*

- 4 cans (6½ oz. each) chopped clams
- 2 tablespoons butter or margarine
- 2 tablespoons all-purpose flour
- 1 pound (about 2 large) thin-skinned red potatoes, diced
- 1 jar (2½ oz.) dried beef, chopped
- 3 cups milk or half-and-half (light cream)
- 1 package (10 oz.) frozen corn kernels
- ½ cup thinly sliced green onion
- About 1 teaspoon pepper

Drain liquid from clams and measure it. Add water to make 3 cups.

In a 5- to 6-quart pan on low heat, melt butter. Add flour and stir until blended. Stir in clam juice mixture. Add potatoes; bring to a boil on high heat.

Cover and simmer gently until potatoes are tender when pierced, 20 to 25 minutes. Meanwhile, rinse and drain beef. Add beef, milk, corn, onion, clams, and 1 teaspoon pepper to pan.

Heat, uncovered, stirring occasionally just until soup is hot. Ladle into a tureen or bowls. Add more pepper to taste. Makes 6 or 7 servings.

Per serving: 290 cal.; 23 g protein; 8.7 g fat (4.5 g sat.); 30 g carbo.; 504 mg sodium; 60 mg chol.

Garlic Beef

Peg Roberts, Santa Barbara.

CRUSH 30 CLOVES *garlic with flat side of cleaver; peel and simmer with beef.*

- 3½ pounds beef chuck, fat trimmed, cut into 1½-inch chunks
- 1 tablespoon soy sauce
- 1⅓ cups regular-strength beef broth
- 30 cloves (about 6 oz.) garlic
- 1⅓ cups dry red wine (or more broth)
- Chopped parsley
- Salt

To peel garlic, place cloves on a board and firmly press with the flat side of a large knife blade to crush slightly. Peel off and discard skin.

In a 5- to 6-quart pan, combine beef and soy sauce. Cover tightly and bring to a boil over medium heat; let meat simmer in its own accumulated juices for 30 minutes.

After beef has cooked 30 minutes, uncover; boil over high heat until juices have evaporated, 10 to 15 minutes. When meat starts to sizzle, stir often until richly browned. Add broth and stir well, then add garlic and wine. Cover and simmer until meat is very tender when pierced, about 1½ hours; garlic may disintegrate and thicken sauce slightly.

Skim off and discard fat. Transfer to serving dish. Garnish with parsley. Add salt to taste. Makes 6 servings.

Per serving: 312 cal.; 45 g protein; 9 g fat (3.2 g sat.); 11 g carbo.; 315 mg sodium; 121 mg chol.

Apricot Brandy Poundcake

Carmela Meely, Walnut Creek, Calif.

THINLY SLICE POUNDCAKE *flavored with apricot brandy for fall dessert.*

- 1 cup (½ lb.) butter or margarine, at room temperature
- 2½ cups sugar
- 6 large eggs
- 1 cup light or regular sour cream
- ½ cup apricot brandy, orange-flavor liqueur, or sour cream
- 1 teaspoon vanilla
- ½ teaspoon lemon extract
- ¼ teaspoon almond extract
- 3 cups all-purpose flour
- ½ teaspoon baking soda

In a large mixer bowl, beat butter until creamy. Gradually add sugar, beating until mixture is light and fluffy. Add eggs, 1 at a time, beating well after each addition. Add sour cream, brandy, vanilla, lemon extract, and almond extract; mix until well blended. Mix flour and baking soda; gradually add to butter mixture, mixing until well blended. Scrape batter into a well-buttered and floured 10-inch (12-cup) tube pan.

Bake in a 325° oven until a toothpick inserted in thickest part comes out clean, 1¼ to 1½ hours. Set pan on a rack for about 10 minutes. Just at top of pan, run a knife between cake and rim. Invert onto rack; cool. Serves 16 to 18.

Per serving: 340 cal.; 5.2 g protein; 14 g fat (7.8 g sat.); 47 g carbo.; 149 mg sodium; 103 mg chol.

Share recipes you've created or adapted—heritage treasures, old favorites, travel discoveries, time-savers. On publication, you'll receive a *Sunset* "great cook" certificate and $50 for each recipe used. Send recipes to *Sunset Magazine*, 80 Willow Rd., Menlo Park, Calif. 94025.

The Pillsbury Company

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Mixes and Frostings

Fresh ideas with dried fruits

Tropical fruits expand the possibilities for cordials and cake

DRIED FRUITS *include (top row, from left) mango, papaya, and banana, and (bottom row) cherries, pineapple, and star fruit.*

NEWS IN PRODUCE isn't always fresh; in this case it's dried. Enlarging the spectrum of dried fruits available in Western markets are exotic tropicals.

Here we explore ways to take advantage of the flavors and textures of some of these fruits and old standards—in particular, dried banana, mango, papaya, pineapple, star fruit, and cherries.

Except for cherries, the dried fruits are commonly found in Asian (especially Southeast Asian) markets. You may also find a surprisingly large assortment of dried fruit in health food stores and at snack stands.

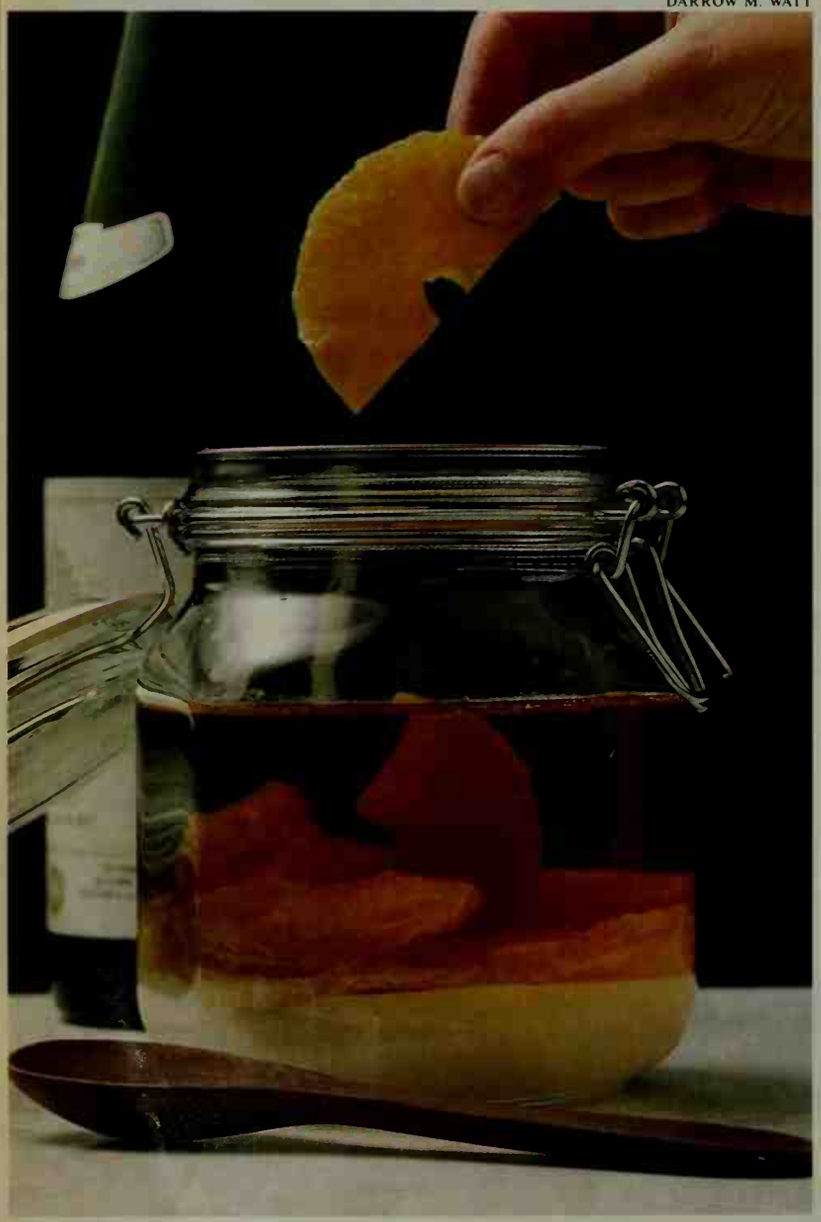
With the exception of mango and banana, the dried fruits called for in the following recipes don't taste much like their fresh counterparts. Some, like the papaya, appear to be glazed and rather translucent. Some, like the pineapple, suggest a cross between dried and candied fruit (but candied fruits are much sweeter). Others, like the banana, cherries, and star fruit, are quite shriveled and leathery to look at and touch. (Crisp chips, like those made from bananas and apples, won't work in these recipes.)

To make intensely flavored, long-lasting fruit cordials, and to infuse the dried fruit with a moist succulence that brings out its fresher side, mix fruit with a fruity white wine, sugar, and a spirit, such as brandy; then let the mixture stand several days to several months.

You can sip the sweet liquid and use the plumped fruit as a topping for desserts such as ice cream, sherbets, or sorbets; but keep in mind that as you pour out the cordial mixture, fruit that surfaces and is exposed to air will deteriorate and should be used within 2 or 3 days.

Presented in decorative glass containers, cordials make handsome gifts. The small, long-lasting fruit cakes also are attractive make-ahead offerings when sealed in foil and wrapped in colored cellophane or tissue paper.

DARROW M. WATT



SOAKING DRIED PINEAPPLE *in a mixture of wine, brandy, and sugar enhances both. Sip the sweet cordial; use the fruit for a dessert topping.*

Dried Pineapple Cordial

- 1½ cups fruity Chenin Blanc
- ½ cup brandy or vodka
- 1 cup sugar
- ¼ pound dried pineapple rings, halved

In an attractive bottle or jar about 1-quart size, combine wine, brandy, and sug-

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BRIGHT ORANGE *dried papaya decoration offers a preview of the subtle tropical flavors of these miniature fruitcakes.*

DARROW M. WATT

ar, stirring well. Add pineapple (cut pieces if needed to fit into container). Cover airtight and let stand at room temperature at least 2 days for flavors to blend, or until fruit begins to fall apart, about 3 months. Stir occasionally until sugar dissolves.

Serve soaked fruit as dessert topping; sip cordial from small glasses, either at room temperature or over ice. Makes about 3 cups.

Per ¼ cup fruit and cordial: 122 cal.; 0 g protein; 0 g fat; 21 g carbo.; 9.3 mg sodium; 0 mg chol.

Dried Banana Cordial

Follow directions for **dried pineapple cordial** (preceding), but omit Chenin Blanc and pineapple. Instead, use 1½ cups fruity **Johannisberg Riesling** and ½ pound **dried bananas** (the brown fruit, not the crisp chips). As an alternative for brandy, **dark rum** is also complementary.

Per ¼ cup fruit and cordial: 119 cal.; 0.3 g protein; 0.1 g fat (0.1 g sat.); 22 g carbo.; 1.7 mg sodium; 0 mg chol.

Dried Cherry Cordial

Follow directions for **dried pineapple cordial** (preceding), but omit Chenin Blanc and pineapple; instead, use 1½ cups fruity **Johannisberg Riesling** and ½ pound **dried pitted cherries.**

Per ¼ cup fruit and cordial; 114 cal.; 0 g protein; 0 g fat; 20 g carbo.; 1.7 mg sodium; 0 mg chol.

Dried Mango Cordial

Follow directions for **dried pineapple cordial** (preceding), but omit Chenin Blanc and pineapple. Instead, use 1½ cups fruity **Johannisberg Riesling** and ½ pound **dried sliced mango.**

Per ¼ cup fruit and cordial: 114 cal.; 0.2 g protein; 0.1 g fat (0 g sat.); 20 g carbo.; 1.9 mg sodium; 0 mg chol.

Dried Star Fruit Cordial

Follow directions for **dried pineapple cordial** (preceding), but omit pineapple and use ½ pound **dried sliced star fruit.**

Per ¼ cup fruit and cordial: 114 cal.; 0.2 g protein; 0.1 g fat (0 g sat.); 20 g carbo.; 1.9 mg sodium; 0 mg chol.

Tropical Fruit Cake

⅔ cup firmly packed dark brown sugar

½ cup (¼ lb.) butter or margarine, at room temperature

3 large eggs

1¼ cups all-purpose flour

½ teaspoon baking powder

½ teaspoon ground cinnamon

¼ teaspoon ground mace

⅛ teaspoon ground cloves

Tropical fruit and nut mix (following)

Dried papaya, cut into thin slivers

About 1½ cups dark rum

In a large bowl, beat sugar and butter with a mixer until well blended, then beat in eggs, 1 at a time. Stir together flour, baking powder, cinnamon, mace, and cloves. Add to egg mixture; stir, then beat to blend. Stir in fruit and nut mix.

Spoon batter equally into 10 greased 2½- by 4-inch (1½-in.-deep) individual loaf pans (if you have fewer pans, let batter stand as cakes bake in sequence). Spread batter evenly and smooth top. Decorate each cake with slivers of papaya.

Bake in a 300° oven until a toothpick inserted in centers comes out clean and cakes are firm when lightly pressed in center, 45 to 60 minutes. Cool in pans on a rack for 10 minutes, then invert onto rack to cool completely.

Set the cakes in a single layer in a 9- by 13-inch baking dish or pan, or set each cake on a rectangle of foil large enough to seal the cake airtight. Spoon 2 tablespoons of rum onto each cake slowly enough to let it seep in. Then wrap the dish or the individual cakes airtight in foil.

Store at room temperature at least 8 hours or up to 2 weeks; freeze to store up to 2 months. Makes 10 cakes, each about 5 ounces.

Per ounce: 101 cal.; 1.3 g protein; 3.8 g fat (1.5 g sat.); 13 g carbo.; 29 mg sodium; 18 mg chol.

Tropical fruit and nut mix. Combine 1 cup **muscat** (or golden) **raisins,** ½ cup **golden raisins,** ½ cup coarsely chopped **dried papaya,** ½ cup coarsely chopped **dried mango,** ½ cup coarsely chopped **dried pineapple,** ½ cup **salted macadamia nuts,** and ½ cup **salted pistachios.** ■

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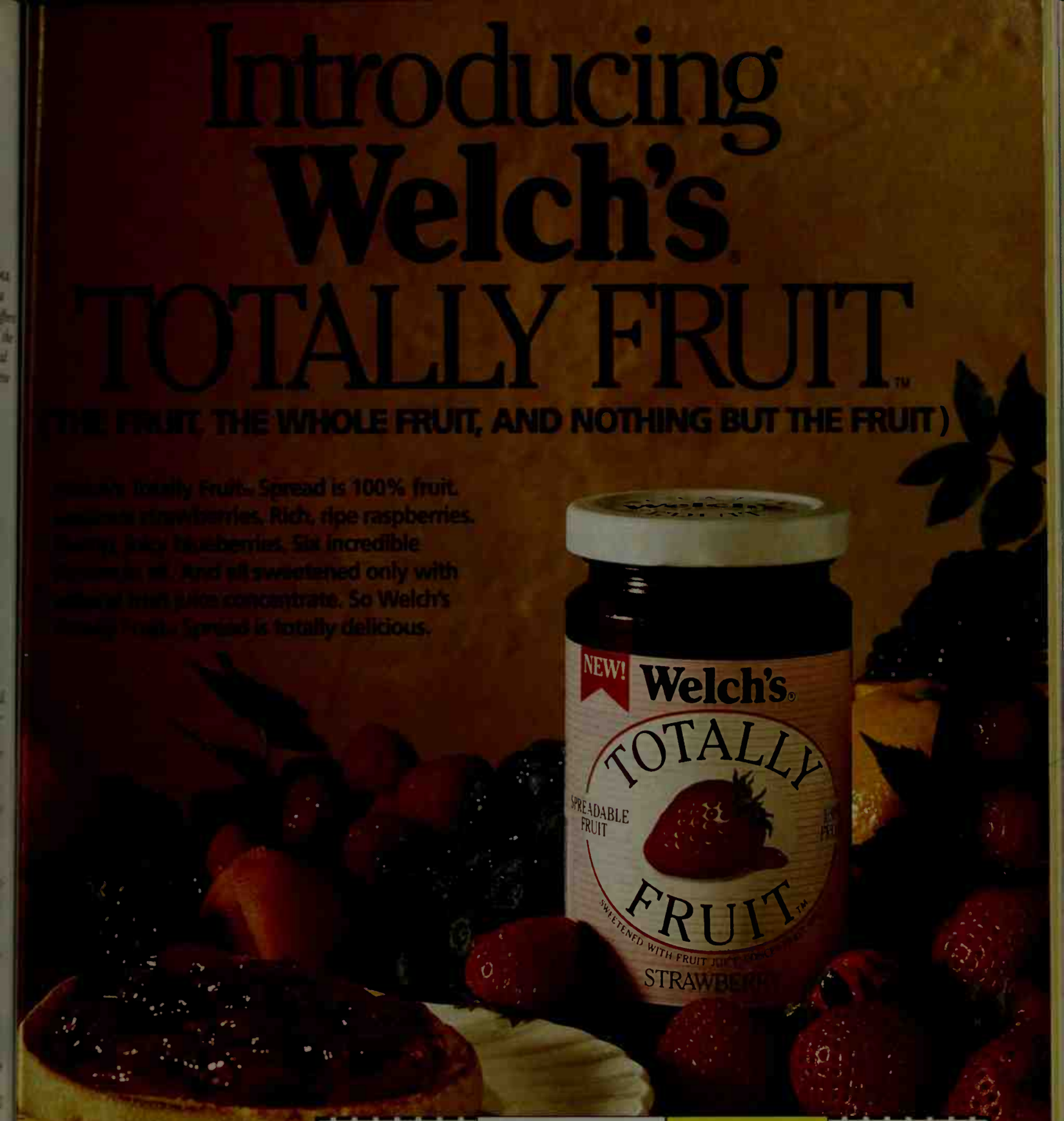

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MONDAY: SALSA FISH CHOWDER. *Meal in a bowl features fish and corn in salsa broth. Serve with vegetables to dip in guacamole.*

TUESDAY: FETTUCCINE CAMBOZOLA. *Pasta with peas has a sauce of blue-veined cheese. Serve it with breadsticks, fresh and marinated vegetables.*

WEDNESDAY: MU SHU SANDWICHES. *Stir-fry sliced meats with vegetables and hoisin sauce to make a hot filling for pocket bread.*

PETER CHRISTIANSEN

FRESH, PRECUT VEGETABLES—*packaged or by the pound—appear in supermarket salad bars and produce sections.*

Getting you through the workweek

We offer five entrées, each with menu suggestions. They call for minimal cleanup

As our lives become busier, it's often difficult to find time to cook a good dinner. Supermarkets recognize the time crunch that many people face and offer a wide choice of foods suited to preparing speedy and convenient meals at home.

Here we offer five entrées, each with menu suggestions, to get you through the workweek. Recipes are designed for two or three but can be easily doubled for a larger group. Most require only one pan for cooking, minimizing cleanup.

In many supermarket produce sections and salad bars, you'll find vegetables and fruit already washed, trimmed, cut, and ready to eat raw or cooked. When you buy this produce, check carefully for freshness. Once cut, most vegetables and fruit deteriorate rapidly; it's best to buy only what you plan to use within a day or two.

Frozen vegetables are another fresh-tasting alternative. They're ready to use (without last-minute shopping) at a moment's notice.

At the meat and poultry counters, many selections are trimmed, boned, and thinly sliced for quick sautés and stir-fry dishes. Some meat, poultry, and fish also come marinated. Throughout the store, quality sauces, dressings, oils, vinegars, cheese, spices, and herbs add instant flavor to many dishes.

Keep in mind convenience costs. If you're willing to spend time to clean and cut vegetables and slice meat, you'll find these dishes are still easy to prepare but at a lower price than if you used presliced ingredients.

Salsa Fish Chowder

Precede or accompany whole-meal chowder with crisp raw vegetables to dip in purchased guacamole. Offer toasted corn tortillas (available in the Mexican section) or tortilla chips to eat with the avocado dip, or crumble the tortillas into the broth. For dessert, fill seeded ripe papaya or small cantaloupe halves with vanilla ice cream or lime sorbet.

- 3 cups homemade or canned regular-strength chicken broth
- ⅓ cup regular or quick-cooking long- or short-grain rice
- 1 cup frozen corn kernels
- ½ pound boned and skinned mild white-flesh fish, such as rockfish or lingcod, cut into 1-inch chunks
- ½ cup refrigerated or canned tomato-based chunk-style salsa or canned Mexican-style stewed tomatoes
- Lime wedges

In a 2- to 3-quart pan over high heat, bring broth and rice to a boil. Cover and

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Simmer until rice is tender to bite, about 15 minutes (5 minutes for quick-cooking). Add corn, fish, and salsa; cover and simmer until fish is just opaque in thickest part (cut to test), about 5 minutes. Ladle into bowls; add lime to taste. Serves 2.

Per serving: 352 cal.; 29 g protein; 4.9 g fat (1.2 g sat.); 48 g carbo.; 512 mg sodium; 40 mg chol.

Fettuccine Cambozola

Creamy cambozola or gorgonzola cheese forms a flavorful sauce as it melts on hot strands of pasta. Serve it with breadsticks and sliced tomatoes or crisp salad greens dressed with olives and marinated artichoke hearts. Conclude the meal with wedges of honeydew with lime.

About 8 ounces fresh fettuccine

1 package (10 oz.) frozen peas

6 ounces (about 1 cup packed) cambozola or gorgonzola cheese, diced

Freshly ground pepper

In a 5- to 6-quart pan, bring about 3 quarts water to boiling. Add fettuccine and cook until barely tender to bite, 3 to 4 minutes. Stir in peas. Drain.

Return pasta and peas to pan. Add cheese and 2 tablespoons hot water. With 2 forks, gently mix over low heat until cheese melts and coats pasta, 2 to 3 minutes. Lift onto 2 or 3 warm dinner plates. Add pepper to taste. Makes 2 or 3 servings.

Per serving: 492 cal.; 27 g protein; 18 g fat (11 g sat.); 56 g carbo.; 918 mg sodium; 131 mg chol.

Mu Shu Sandwiches

For supper sandwiches, tuck a quick stir-fry of meat and vegetables into pocket bread halves. Add pickled ginger and scallions if you like. Look for the pickles as well as the hoisin or oyster sauce in the Asian section of your supermarket. If desired, serve with hot canned broth seasoned with green onions, mushrooms, and more ginger. For dessert, try canned litchis, including their syrup, over ice.

2 tablespoons salad oil

1½ cups (about 9 oz.) thinly sliced onion

1 cup (about 4 oz.) thinly sliced green or red bell pepper

½ pound boned and skinned turkey or chicken, or beef, pork, or lamb, cut into thin, bite-size strips

2 tablespoons hoisin or oyster sauce

Whole green onions (optional)

2 or 3 pocket bread rounds (6 to 7 in. wide), cut crosswise

Pickled scallions and pickled sliced ginger (optional)

Place a wok or 12-inch frying pan over high heat. When pan is hot, add 1 tablespoon oil, sliced onion, and bell pepper; stir-fry until vegetables are lightly browned, about 2 minutes. Remove from pan and add 1 more tablespoon oil to pan. When pan is hot, add meat strips and stir-fry until meat is lightly browned, 2 to 3 minutes. Add hoisin sauce and cooked vegetables; stir to mix.

Pour into a bowl; garnish with green onions. Offer pocket bread halves (warm, if desired), scallions, and ginger alongside. Fill bread halves, as desired, to make sandwiches. Serves 2.

Per serving: 338 cal.; 22 g protein; 12 g fat (1.9 g sat.); 36 g carbo.; 640 mg sodium; 52 mg chol.

Sausages with Hot Slaw

Brown sausages to eat with a warm slaw; serve with buttered rye toast. For a cool ending, offer grapes.

2 Polish (kielbasa) sausages (about ½ lb. total)

1 tablespoon salad oil

¼ cup cider vinegar

1 tablespoon sugar

½ teaspoon cumin seed or caraway seed

½ cup (3 oz.) thinly sliced red onion

2 cups (¼ lb.) shredded green or red cabbage

1 cup (⅛ lb.) shredded carrot or more shredded cabbage

Coarse-grain or Dijon mustard

Slash sausages several times on each side. Pour oil into a 10- to 12-inch frying pan over medium heat. Add sausages and cook, turning often, until hot in thickest part (cut to test), 5 to 8 minutes. Lift out of pan and keep warm on a serving plate.

Add vinegar, sugar, cumin, and onion to pan; bring to a boil. Remove from heat and stir in cabbage and carrot. Place alongside sausages. Offer mustard to add to taste. Makes 2 servings.

Per serving: 501 cal.; 18 g protein; 40 g fat (13 g sat.); 19 g carbo.; 1,017 mg sodium; 80 mg chol.

Hot Steak Salad

Bite-size pieces of salad greens form the base for this main dish. Extra-virgin olive oil and vinegar or a good bottled dressing flavors broiled beef or chicken and the crisp, cool greens. Serve with a crusty baguette or roll. For a no-fuss dessert, offer strawberries to dip into powdered sugar.

2 beef loin steaks (each 6 oz. and about 1 in. thick), or 2 boned and skinned chicken breast halves (each 4 oz.)

About ⅓ cup extra-virgin olive oil or ½ cup bottled vinaigrette-type salad dressing

5 cups (about 5 oz.) rinsed and crisped bite-size pieces mixed salad greens (mesclun)

6 to 10 cherry tomatoes, stemmed

About 3 tablespoons balsamic or red wine vinegar (only if olive oil is used)

Salt and pepper

Brush beef or chicken with 1 to 2 tablespoons of the oil or dressing. Place chicken or beef on a rack in a 12- by 14-inch broiler pan. Broil 3 to 4 inches from heat, turning once, until beef is browned on outside but pink in thickest part (cut to test), 8 to 10 minutes, or until chicken is white in thickest part (cut to test), 10 to 12 minutes.

Divide greens between 2 dinner plates. Set hot meat next to or on lettuce. Garnish with tomatoes. Drizzle meat and greens with olive oil and vinegar or bottled dressing and add salt and pepper to taste. Makes 2 servings.

Per serving with beef: 682 cal.; 32 g protein; 60 g fat (17 g sat.); 6 g carbo.; 89 mg sodium; 107 mg chol. ■

THURSDAY: SAUSAGES WITH HOT SLAW. *Brown the sausages, then mix cabbage and vinegar in pan for slaw. Serve with rye toast.*

FRIDAY: HOT STEAK SALAD. *Pair broiled steak with salad greens. Use bottled dressing or extra-virgin olive oil as meat baste and salad dressing.*

PETER CHRISTIANSEN

Katie hates tomatoes. Joey hates anything green. And my husband hates anything new. But they all love your Tuna Mac and Cheese.

Families are very particular!

©1991 StarKist Seafood Company

Charlie's Tuna Mac and Cheese™

This is a StarKist® family-tested and mother-endorsed tuna recipe, one of several recipes we asked mothers to try in their homes. Their families found it so delicious, even picky kids loved it. Busy mothers really appreciated the short preparation time.

It's easy! And it just takes 20 minutes to prepare!

1 (7¼ oz) box Macaroni and Cheese Dinner
1 (12½ oz) can StarKist tuna, drained and chunked
¼ tsp garlic powder (optional)
½ cup shredded cheddar cheese
1 cup frozen green peas
½ cup milk
1 tsp dried Italian seasoning
1 Tbsp grated Parmesan cheese

1. Prepare macaroni and cheese according to package directions.
2. Mix in remaining ingredients, except Parmesan cheese. Pour into a 1½ quart microwaveable serving dish.
3. Cover with plastic wrap and microwave on High for 2 minutes. Stir casserole and continue heating on High for 2½ to 3½ minutes or until cheese is melted and mixture is heated through.
4. Sprinkle with Parmesan cheese.

Preparation time: 20 minutes. Makes 5 to 6 servings.

PETER CHRISTIANSEN

SPOON TENDER SHREDS *of flank steak laced with roasted tomatoes, chorizo sausage, and smoky chipotle chilies onto shredded lettuce in a soft, warm corn tortilla; top with avocado and a squeeze of lime.*

This is Puebla's anytime–anywhere snack

You start by slowly simmering flank steak

HOT CHILIES, SWEET spices, and tender shreds of simmered flank steak unite in *tinga*, a beef mixture from Puebla, Mexico. There, tinga is enjoyed as a street snack and as a supper entrée.

Look for canned chipotle chilies in Mexican markets.

Puebla Simmered Spiced Beef (*Tinga*)

Serve tinga in warm tortillas or crusty rolls with shredded lettuce, sliced avocado, and crumbled feta cheese.

- 2 pounds beef flank steak
- 3 medium-size (about 1¼ lb. total) onions, chopped
- 12 cloves garlic, minced or pressed
- 4 large dried bay leaves
- 1 cinnamon stick (3 in.)
- 10 whole cloves
- 1 teaspoon *each* dried marjoram leaves and dried thyme leaves
- 2½ pounds medium-size firm-ripe tomatoes
- ½ pound firm-texture chorizo sausage, casings removed
- 2 to 4 tablespoons minced canned chipotle chilies in adobado sauce
- ⅓ cup cider vinegar
- 2 tablespoons firmly packed brown sugar

Trim and discard excess fat from meat. Cut meat into 2-inch chunks. In a 5- to 6-quart pan, combine meat, 1 onion, garlic, bay leaves, cinnamon, cloves, marjoram, thyme, and 6 cups water. Bring to a boil over high heat; cover, reduce heat, and simmer until meat is tender when pierced, about 2 hours.

Meanwhile, lay tomatoes in a 10- by 15-inch pan. Bake in a 450° oven until skins split and are tinged brown, about 20 minutes. Cool tomatoes; remove and discard skins and cores. Coarsely chop remaining tomato.

Break sausage into small pieces and add to a 10- to 12-inch frying pan over medium-high heat. Cook, stirring, until lightly browned, about 15 minutes; discard excess fat.

Add tomato, remaining onions, 2 tablespoons chipotle chilies (or more to taste), vinegar, and sugar. Simmer, uncovered, stirring often, until sauce is reduced by about ¼, about 30 minutes.

When beef is done, transfer with a slotted spoon to a bowl. Pour cooking liquid into a strainer over a bowl; press to remove liquid, then discard residue. Return liquid to pan and boil over high heat until reduced to 1½ cups; add to chorizo mixture.

Tear beef into shreds; add to chorizo mixture. (If made ahead, cover and chill up to 3 days.) Stir often over medium heat until hot. Makes about 4 cups, 8 servings.

Per ½-cup serving: 314 cal.; 29 g protein; 14 g fat (5.3 g sat.); 19 g carbo.; 240 mg sodium; 73 mg chol. ■

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What makes it "haute cuisine"?

Maybe it's adding apples to hash browns. But what about triple-orange cake, honey shanks, and baby corn appetizers?

THE TRUE MEANING OF haute cuisine, Julia Child tells us, is "Never let anything alone." Gerald Gardner might not have been aware of Child's dictum when he confronted his hash browns one morning, but his instincts were right. Adding apples to the potatoes was a bold stroke, and common sense prompted him to throw in the cheddar cheese. Adding the chili powder, however, was beyond common sense; let's just call it poetry.

Indulge in these potatoes at your next breakfast, and you'll be fueled up till dinner.

Cheese and Apple Hash Browns

- ¼ cup (⅛ lb.) butter or margarine
- 4 medium-size (2 to 2¼ lb. total) russet potatoes, peeled and cut into ¼-inch cubes
- 1 medium-size (about 6 oz.) onion, chopped
- 1 medium-size (about 5 oz.) red bell pepper, stemmed, seeded, and diced
- 2 medium-size (about ¾ lb. total) Golden Delicious apples, cored, peeled, and chopped
- 1 teaspoon chili powder
- ¼ cup chopped parsley
- 1 cup (4 oz.) shredded sharp cheddar cheese
- Salt and pepper

Melt butter in a 10- to 12-inch nonstick frying pan over medium-high heat; add potatoes, onion, and bell pepper. Turn frequently with a wide spatula until potatoes are browned and tender when pierced, about 25 minutes. Stir in apples, chili, and parsley; cook until apples are tender when pierced, about 5 minutes longer.

Sprinkle cheese over potato mixture; stir until melted, then spoon onto plates. Season to taste with salt and pepper. Serves 6 or 7.

Per serving: 257 cal.; 6.9 g protein; 13 g fat (7.7 g sat.); 30 g carbo.; 184 mg sodium; 35 mg chol.

Gerald M. Gardner

Bellevue, Wash.

SHORT OF COMPLETE collapse, the worst thing that can happen to a cake is that it be dry. A moist texture is absolutely guaranteed in Martine Saunier's Orange Cake. Drawing on her background in French wine and food, she ensures moistness by anointing the cake with a syrup of sugar, orange juice, and orange liqueur. And if there were an doubt that it is an orange cake, orange peel in the batter and a topping of orange sections should allay it.

Orange Cake

- 2 large eggs
- ¾ cup sugar
- ¾ cup all-purpose flour
- 1½ teaspoons baking powder
- 2 tablespoons grated orange peel
- ¼ cup (⅛ lb.) melted butter or margarine, cooled
- Orange syrup (recipe follows)
- 2 large (about 1 lb. total) oranges, peel and white membrane cut off, and fruit sections cut from inner membrane

With a mixer, beat eggs and ½ cup of the sugar in a bowl until thick and lemon colored. Add flour, baking powder, orange peel, and butter; beat until well mixed. Scrape batter into a greased and flour-dusted 9-inch-diameter cake pan.

Bake in a 375° oven until cake just begins to pull from sides of pan and center springs back when lightly pressed, about 20 minutes. Let stand for 10 minutes, then invert onto a rack; holding rack and pan together, invert to return cake to pan.

Pierce cake all over with a fork. Slowly pour warm syrup over warm cake; let cool (if made ahead, cover airtight up until next day). Lay a rimmed serving plate, top down, on cake pan; hold together and invert to release cake. Garnish cake with orange sections.

No more than 4 hours before serving, place remaining ¼ cup sugar in a 6- to 8-inch frying pan over high heat; tilt and shake pan to mix melting sugar with dry sugar until sugar is melted and caramel colored, 3 to 4 minutes. Watch carefully to avoid burning. Pour hot syrup in a thin stream, rippling it back

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"THE WORST THING *that can happen to a cake is that it be dry.*"

and forth over the top of cake and fruit. Makes 8 or 9 servings.

Per serving: 247 cal.; 3.2 g protein; 6.6 g fat (3.7 g sat.); 44 g carbo.; 140 mg sodium; 62 mg chol.

Orange syrup. In a 1½- to 2-quart pan, mix ⅓ cup *each* **sugar** and **water,** and 2 cups **orange juice.** Bring to a boil over high heat and boil, uncovered, until reduced to about 1½ cups, about 10 minutes. Remove from heat and stir in 2 tablespoons **orange-flavored liqueur.** Use warm. If made ahead, cover and chill up until next day, then reheat to use.

San Rafael, Calif.

LIVING HIGH ON THE HOG, IN THE picturesque idiom of the South, means the good life—eating loin chops or ham instead of the poor folks' cut referred to as sowbelly, white bacon, or simply salt pork. Eating low on the lamb—the shank instead of the loin—can be pleasurable, but only if you remember that this cut, which comes from the foreleg, needs long, slow braising. When the young lambs bound as to the Wordsworthian tabor's sound, they are toughening their leg muscles. You will have to apply slow, moist heat to make these muscles tender.

Steven Brown and his wife are lovers of lamb, but their children are not. The children, however, actually ask for his Honey Delight Lamb Shanks.

Honey Delight Lamb Shanks

- 4 lamb shanks (about 4 lb. total), bones cracked
- 1 tablespoon olive oil or salad oil
- 3 cloves garlic, minced or pressed
- 1 large onion, chopped
- ¼ cup honey

1 cup rosé wine or white or blush Zinfandel

1 large can (15 oz.) tomato sauce

¼ teaspoon *each* dried basil leaves, dried oregano leaves, and pepper

Hot cooked rice

Salt

In a 5- to 6-quart pan over medium-high heat, brown lamb on all sides in oil (about 25 minutes). Add garlic and onion; stir often until onion is limp, about 10 minutes. Add honey, wine, tomato sauce, basil, oregano, and pepper; bring to boil. Cover and simmer until meat is very tender when pierced, about 1½ hours.

Transfer lamb to a serving dish; keep warm. Skim and discard fat from pan juices. If needed, boil juices, uncovered, over high heat until reduced to about 2 cups. Spoon some juices over lamb; offer remaining to spoon over individual portions and rice. Add salt to taste. Serves 4.

Per serving: 527 cal.; 64 g protein; 16 g fat (5 g sat.); 30 g carbo.; 834 mg sodium; 195 mg chol.

Stu & Bron

Union City, Calif.

THEY'VE COME A LONG WAY FROM rumaki, but Robert Decker's baby corn appetizers probably owe their origin to that Japanese-Hawaiian delicacy. In the original recipe, bacon is wrapped around water chestnuts and chicken livers, and then soaked in a soy marinade before grilling. Decker's appetizers get the crunch from baby corn.

Baby Corn Appetizers

The number of corn ears in a can varies; use ½ slice of bacon per ear.

About 12 slices (about 10 oz. total) bacon

About ½ cup firmly packed brown sugar

1 can (15 oz.) baby corn, drained

Cut bacon slices in half crosswise. Coat both sides in sugar, then spiral-wrap each piece around an ear of corn. Lay corn, with ends of bacon beneath, slightly apart on a rack in a foil-lined broiler pan (about 12 by 14 in.). Bake in a 400° oven until bacon is crisp on all sides, about 25 minutes. Serve hot. Makes about 24.

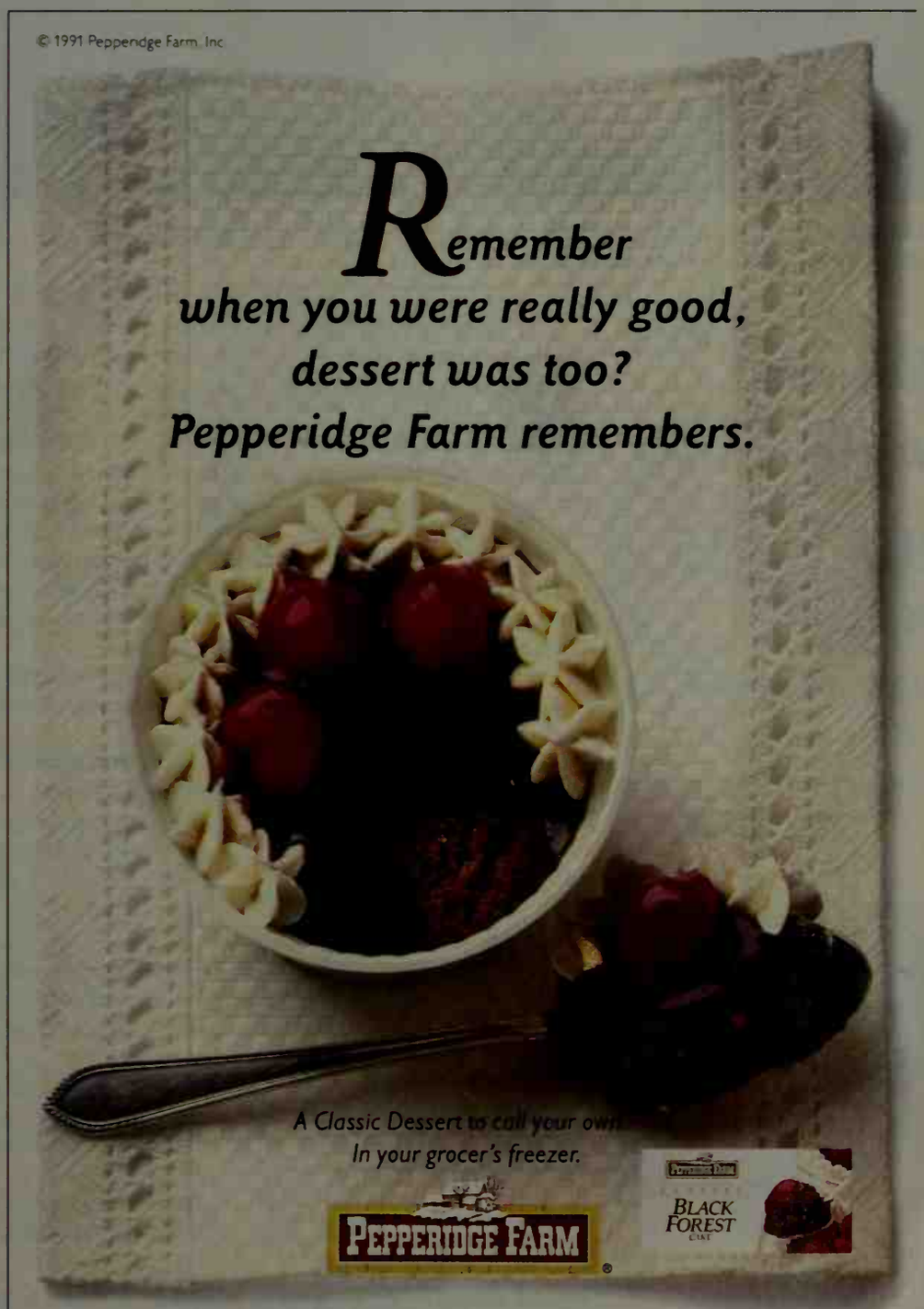
Per piece: 40 cal.; 1.3 g protein; 1.6 g fat (0.6 g sat.); 5.1 g carbo.; 56 mg sodium; 2.8 mg chol.

Robert E Decker

Menlo Park, Calif.

Attention all chefs, amateur or pro

Tell us about your cooking adventures! On publication in Chefs of the West, you become a bona fide lifetime member of this venerable organization. First-time award is your membership card and a tall, white Chefs of the West toque. For each subsequent recipe featured, you receive a Chefs of the West certificate and $50. Send your recipes to Chefs of the West, Sunset Magazine, 80 Willow Rd., Menlo Park, Calif. 94025.



PETER CHRISTIANSEN

LEAN, LIGHT, AND TENDER-CRISP *spaghetti squash salad with bright broccoli is delicately flavored with orange peel and rice wine vinegar.*

Onward with spaghetti squash

You can use the bright yellow strands for salad, pancakes

CAREFULLY FLIP *spaghetti squash pancakes with a wide spatula to brown both sides.*

CHEERFUL YELLOW strands of the curious spaghetti squash, known for its tender-crisp texture, are the base of a low-fat salad and ginger-spiked pancakes.

To start, either bake the squash or cook it in a microwave oven. A medium-size squash yields 5 to 7 cups of strands.

To bake. Pierce shell of 1 medium-size (3- to 4-lb.) **spaghetti squash** in several places. Set squash on a sheet of foil and bake in a 350° oven for 45 minutes. Turn it over and bake until shell gives to pressure, 15 to 25 minutes longer. When cool, cut in half horizontally, discard seeds, and scrape out strands of squash with a fork.

To cook in a microwave. Cut 1 medium-size (3- to 4-lb.) **spaghetti squash** in half horizontally. Place cut sides up in a 9- by 13-inch microwave-safe dish with ¼ cup **water.** Cover with plastic wrap and cook in a microwave oven on full power (100 percent) until shell gives to pressure, 15 to 20 minutes; rotate dish after 5 minutes. Let stand 5 minutes; uncover. When cool, discard seeds and scrape out strands of squash with a fork.

To store cooked squash. Cover and chill up to 4 days.

Spaghetti Squash and Broccoli Salad

- ½ cup walnuts or pecans, coarsely chopped
- 2 cups broccoli flowerets
- 4 to 5 cups cooked spaghetti squash (see preceding), at room temperature or chilled
- 2 tablespoons grated orange peel
- ½ cup seasoned rice vinegar (or ½ cup rice vinegar with 1 teaspoon sugar)
- Butter lettuce leaves, rinsed and crisped
- Salt

In a 6- to 8-inch frying pan, stir nuts over medium-high heat until lightly toasted, about 7 minutes. Pour from pan and set aside.

In a 1½- to 2-quart pan, bring 3 cups water to boiling over high heat. Add broccoli and cook, uncovered, until just tender when pierced, about 2 minutes. Drain and immediately immerse broccoli in ice water; when cold, drain thoroughly.

In a bowl, combine broccoli, squash, and orange peel. If made ahead, cover squash mixture and nuts; chill up until next day. Add vinegar to squash and mix well. Arrange lettuce leaves on 6 salad plates. Mound salad on lettuce and sprinkle with nuts. Season to taste with salt. Serves 5 or 6.

Per serving: 129 cal.; 3 g protein; 6.5 g fat (0.6 sat.); 16 g carbo.; 33 mg sodium; 0 mg chol.

Ginger, Green Onion, and Spaghetti Squash Pancakes

- 2 large eggs
- 3 cups cooked spaghetti squash (see directions preceding)
- 2 tablespoons grated fresh ginger
- 1 cup minced green onion (including tops)
- 2 tablespoons salad oil
- Soy sauce

In a bowl, beat eggs to blend. Add squash, ginger, and green onion; mix gently.

Pour 1 tablespoon oil into a 10- to 12-inch nonstick frying pan on medium-high heat. When oil is hot, add squash mixture in ¼-cup mounds, spacing about 3 inches apart. With the back of a spoon, spread mounds to make cakes that are 3 inches in diameter.

Cook until golden brown on bottoms, 2 to 3 minutes. Carefully turn with a wide spatula and cook other sides until golden brown, about 2 minutes.

Transfer to a platter and keep warm. Repeat to cook remaining squash, adding oil as needed to promote browning. Add soy sauce to taste. Makes 12 pancakes, 3 main-dish or 6 vegetable servings.

Per pancake: 47 cal.; 1.4 g protein; 3.2 g fat (0.6 sat.); 3.2 g carbo.; 17 mg sodium; 35 mg chol. ■

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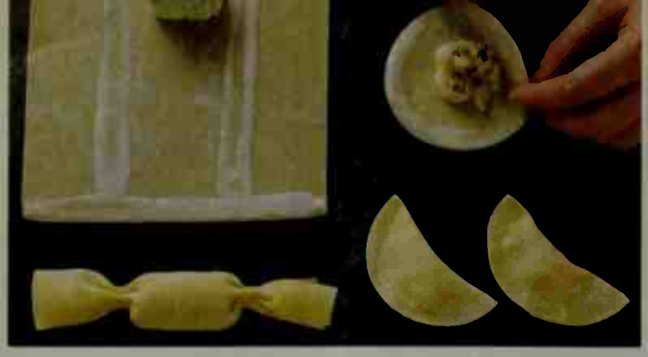

SQUARE EGG ROLL WRAPPER, *painted with flour paste, rolls around cheese. To shape, pinch dough around filling. Fold plain side of round gyoza skin over shrimp filling; press edge firmly to seal with flour paste.*

DARROW M. WATT

HALF-MOON *shrimp pasta goes with avocado half, candy-wrap cheese pasta with black bean sauce.*

A Chinese shortcut speeds these pastas

PURCHASING EGG roll wrappers and gyoza skins gives you a shortcut when you make these filled main-dish pastas. A flour-and-water paste seals them securely.

Candy-Wrap Pasta with Cheese and Black Bean Sauce

- 8 ounces feta cheese
- 8 ounces part-skim ricotta cheese
- ½ cup firmly packed fresh cilantro (coriander)
- 2 tablespoons milk
- 2 tablespoons grated parmesan cheese
- 18 egg roll (spring roll) wrappers
- 2 tablespoons all-purpose flour mixed with ¼ cup water

Black bean sauce (recipe follows)

In a food processor or blender, smoothly whirl feta with ricotta, ⅓ cup cilantro, milk, and parmesan. Lay 1 egg roll wrapper flat. Place 1 heaping tablespoon cheese mixture in center along edge of 1 side (a long side if rectangular). Pat mixture into log shape about ¾ inch wide and 1½ inches long. With your finger, lightly rub flour paste along each side of filling to the opposite edge of wrapper (see photograph at left). Also rub paste along edge opposite filling.

Starting at edge with the cheese, gently roll up the wrapper and press edge to seal. Firmly squeeze dough together at both ends of the filling where flour paste is painted, making the pasta look like a candy twisted in paper. Lay pasta on lightly floured 12- by 15-inch baking sheets. Cover with plastic wrap to prevent drying. Repeat to use all filling. If made ahead, cover and chill up to 4 hours. Or freeze on pan until solid, then transfer to airtight containers to freeze up to 1 month.

Chop remaining cilantro; set aside.

In a deep 10- to 12-inch frying pan, bring about 2 inches water to boiling over high heat. Reduce heat to maintain a gentle boil. Carefully add about half the pasta to water and cook, uncovered, just until pasta is tender to bite, 2 to 3 minutes (5 to 6 if frozen). Lift out with a slotted spoon and lay in a single layer on a clean baking sheet; keep warm. Cook remaining pasta.

Quickly divide sauce among 6 rimmed plates; spread it in an even layer to rims. Arrange pasta equally on plates; sprinkle with chopped cilantro. Serves 6.

Per serving: 474 cal.; 25 g protein; 14 g fat (9 g sat.); 48 g carbo.; 827 mg sodium; 52 mg chol.

Black bean sauce. In an 8- to 10-inch frying pan over medium heat, stir often 1 tablespoon **butter** or margarine and 1 small, chopped **onion** until onion is lightly browned, about 8 minutes. Put onion in a food processor or blender with 1 can (about 15 oz.) **black beans** and liquid, and 1 cup **regular-strength chicken broth.** Whirl until very smooth. Pour into a 1½- to 2-quart pan; add **salt** and **pepper** to taste. If made ahead, cover and chill up until next day. Stir over medium heat until hot; use hot.

Agnolotti with Shrimp and Avocado

Pickled scallions are sold in Asian markets. Round gyoza skins make agnolotti; square won ton skins make raviolini.

- ¾ pound shelled, cooked tiny shrimp
- ½ cup pickled scallions, minced
- ¼ cup minced green onion
- 2 tablespoons grated lemon peel

About 5 dozen gyoza (potsticker) or won ton skins

- 2 tablespoons all-purpose flour mixed with ¼ cup water
- ¼ cup (⅛ lb.) butter or margarine
- ⅓ cup lemon juice
- 3 small (about 1¼ lb. total) firm-ripe avocados

Lemon wedges

In a bowl, mix together shrimp, scallions, 2 tablespoons green onion, and lemon peel. Lay 1 gyoza skin flat. Place about 1 teaspoon shrimp mixture in the center. With your finger, lightly brush flour paste around the edge of half the wrapper. Fold plain side over filling and press edges together firmly to seal. Lay pasta on lightly floured 12- by 15-inch baking sheets and cover with plastic wrap to prevent drying. Repeat until all filling is used, placing filled wrappers slightly apart. If made ahead, chill up to 4 hours.

In a 5- to 6-quart pan, bring 3 quarts water to a boil over high heat. While water heats, melt butter (in microwave oven or over direct heat) with ¼ cup lemon juice. Pit, peel, and halve or slice avocados; sprinkle with remaining lemon juice.

Add pasta to boiling water and cook, uncovered, until just tender to bite, about 2 minutes. Gently drain pasta, then return to pan and place over low heat. At once, add lemon butter and mix gently. Divide pasta among 6 dinner plates. Sprinkle with remaining onion. Place an avocado half (or slices) on each plate. Offer lemon wedges to squeeze onto pasta. Serves 6.

Per serving: 428 cal.; 22 g protein; 20 g fat (6.6 g sat.); 43 g carbo.; 415 mg sodium; 131 mg chol. ■

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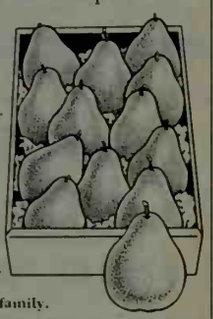

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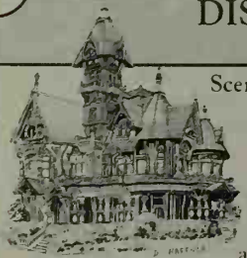

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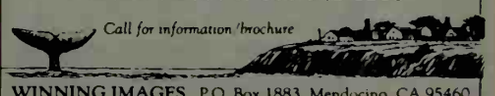

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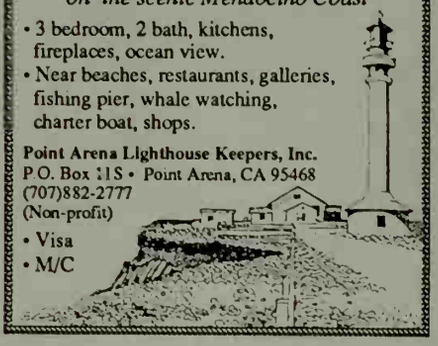

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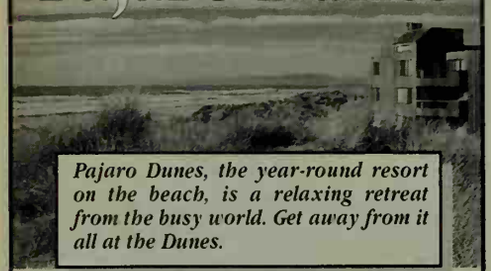

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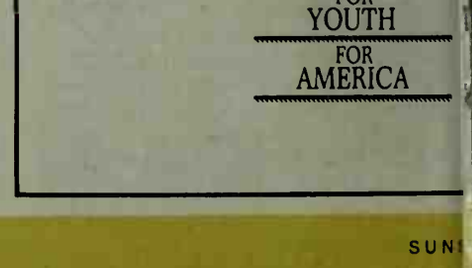

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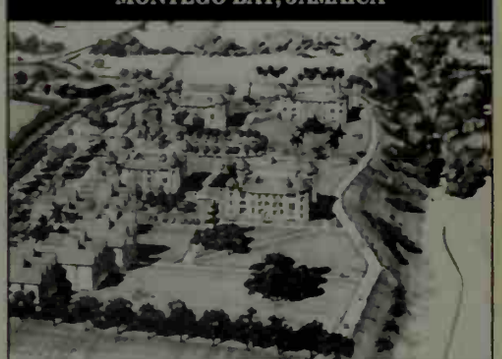

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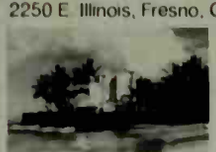

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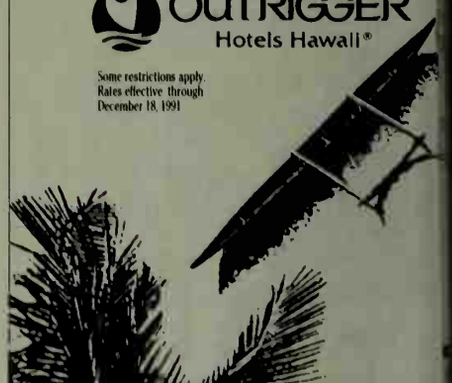

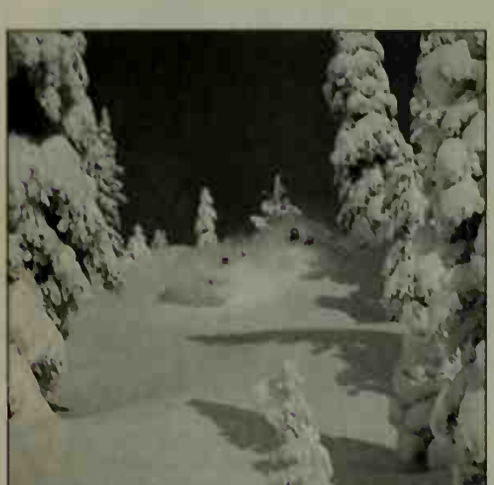

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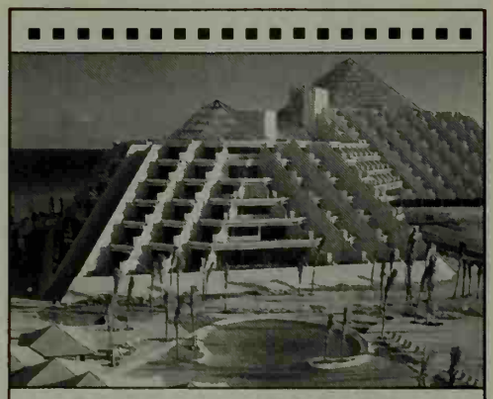

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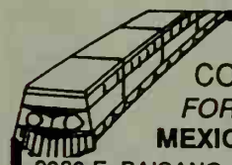

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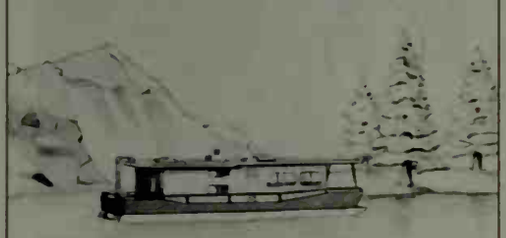

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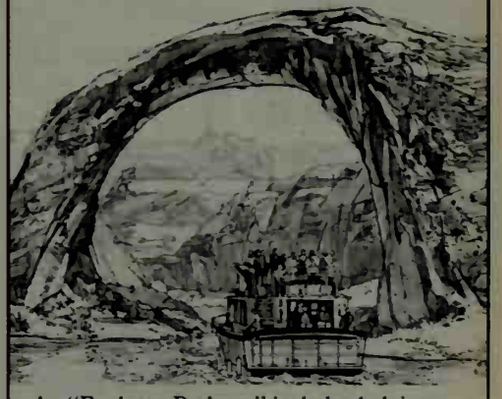

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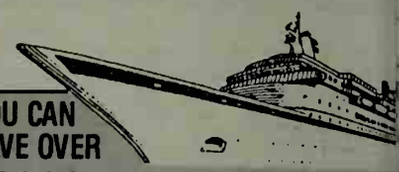

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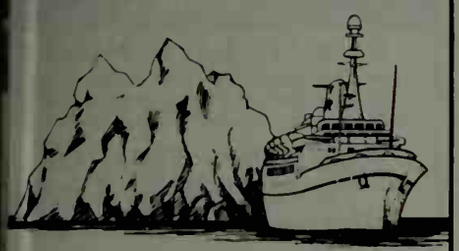

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Index of Directories

School and Camp Directory is one of five Directories which appear regularly in each issue of SUNSET Magazine. The other four Directories are:

FOOD & WINE SPECIALTIES
beginning page 237

HOME & GARDEN CENTER
beginning page 257

TRAVEL DIRECTORY
beginning page 239

MAIL & PHONE SHOPPER
beginning page 260

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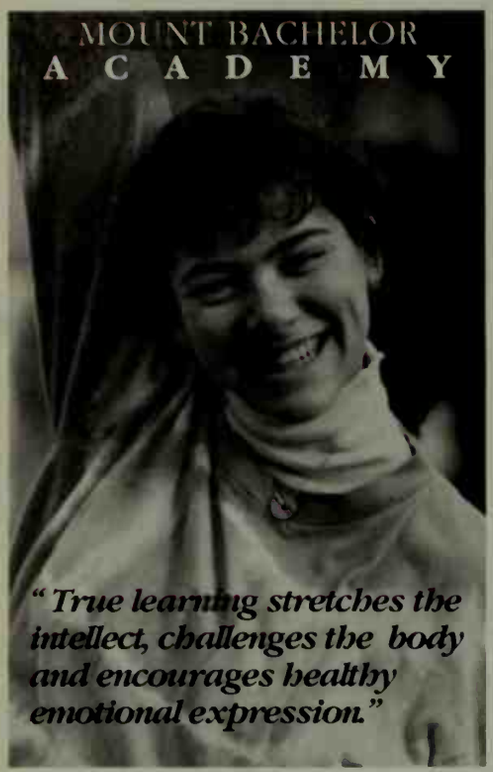
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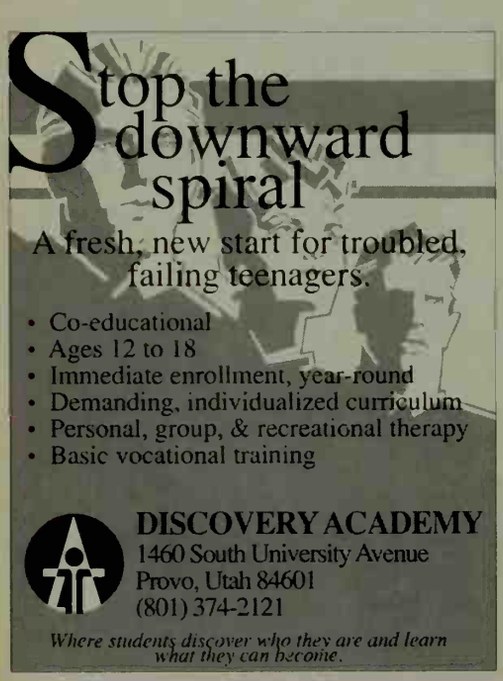
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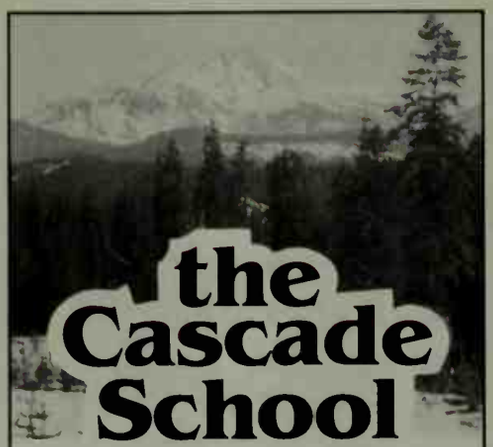

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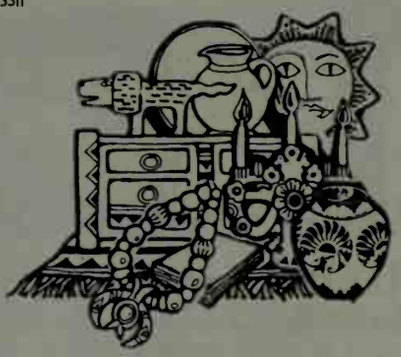

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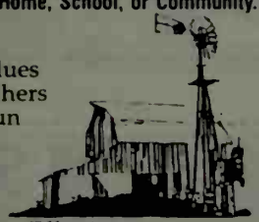

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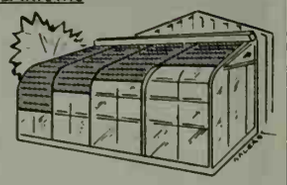

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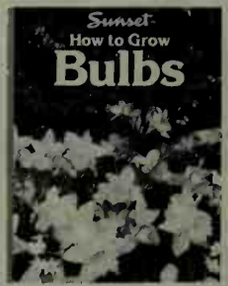

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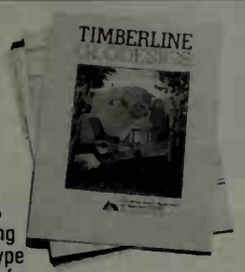

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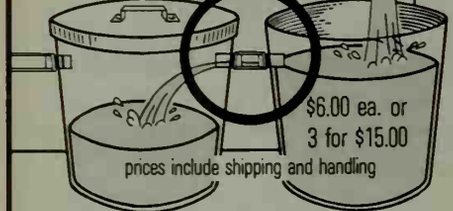

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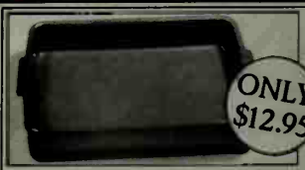

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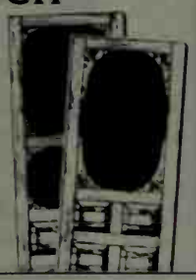

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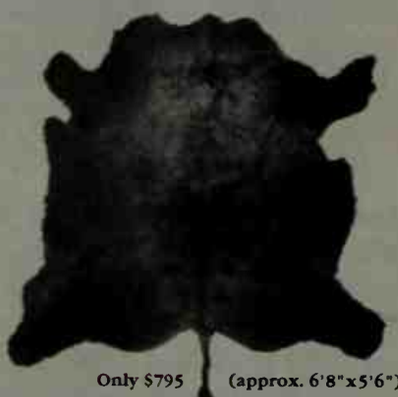

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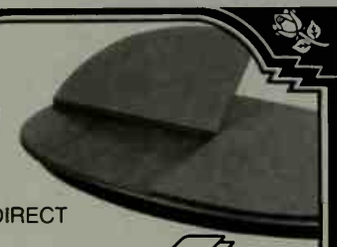

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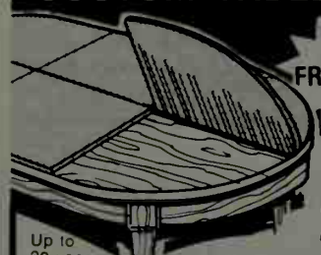

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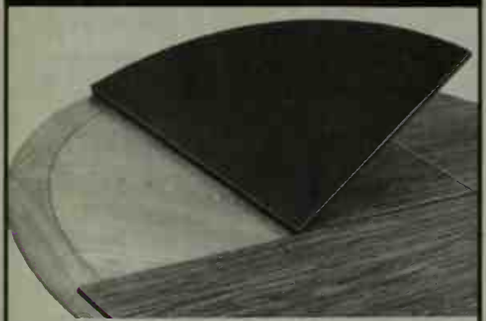

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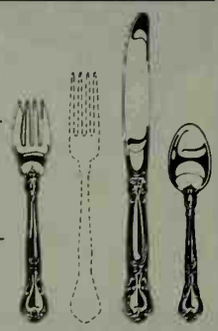

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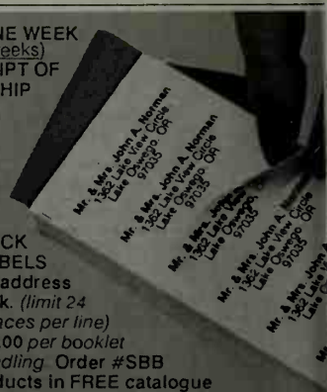

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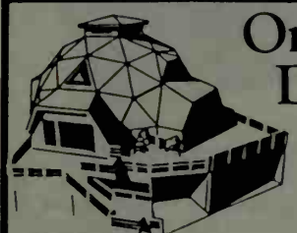

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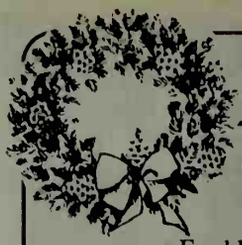

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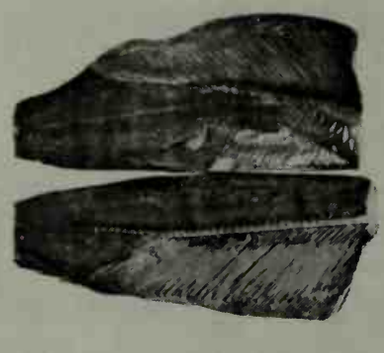

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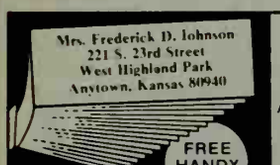

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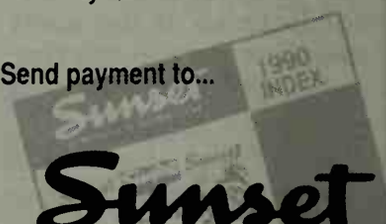

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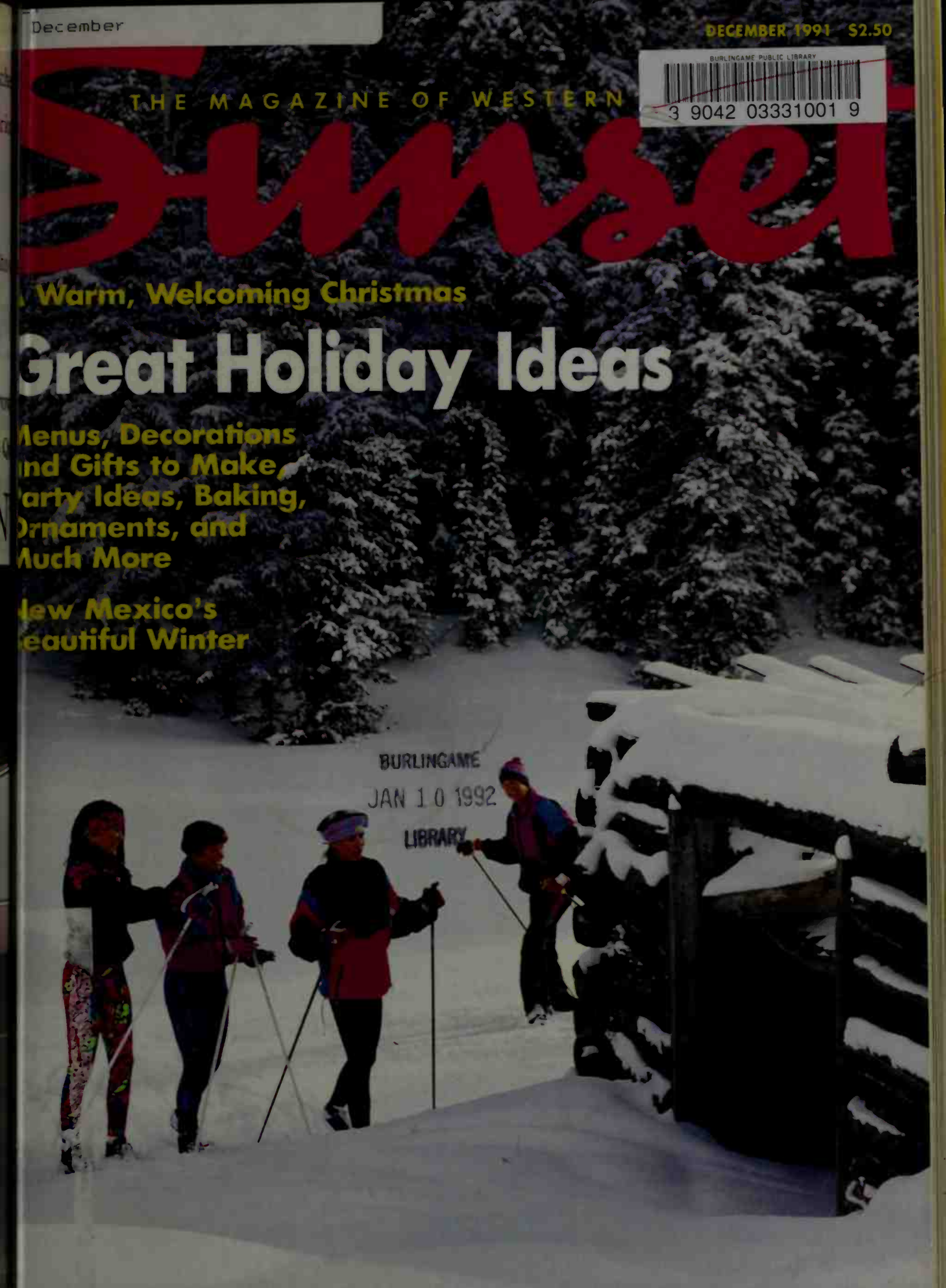

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FEATURE ARTICLES DECEMBER 1991

76

A warm, welcoming holiday

In our 23-page holiday section, we share ideas for parties, decorating, and gift-giving—all in the spirit of celebrating the season with family and friends.

Party foods that simplify holiday entertaining

78 Our soup buffet features a crowd-pleasing chowder that's easy on the hosts
80 A quick, assembly-line strategy for creating party appetizers

Decorations in the Western spirit

82 Add Southwestern spice to the season with a chili wreath
84 Create a festive look with a basket of holiday greens fresh from your garden
86 Start a tradition with a pine cone tree

Gifts with a personal touch

88 Convey the holiday spirit with candle holders from the lumberyard
92 Assembling special ingredients in gifts for or from a cook
94 For serious cyclists, a bicycle gift for two
96 Using straw to create holiday greetings with the rich look of inlaid wood
98 Delight a child with a sturdy toy truck or doll furniture from your workshop

Cover: Cross-country skiers at the Enchanted Forest in Red River, New Mexico, photographed by Renee Lynn.

Sunset
The Pacific Monthly

December 1991

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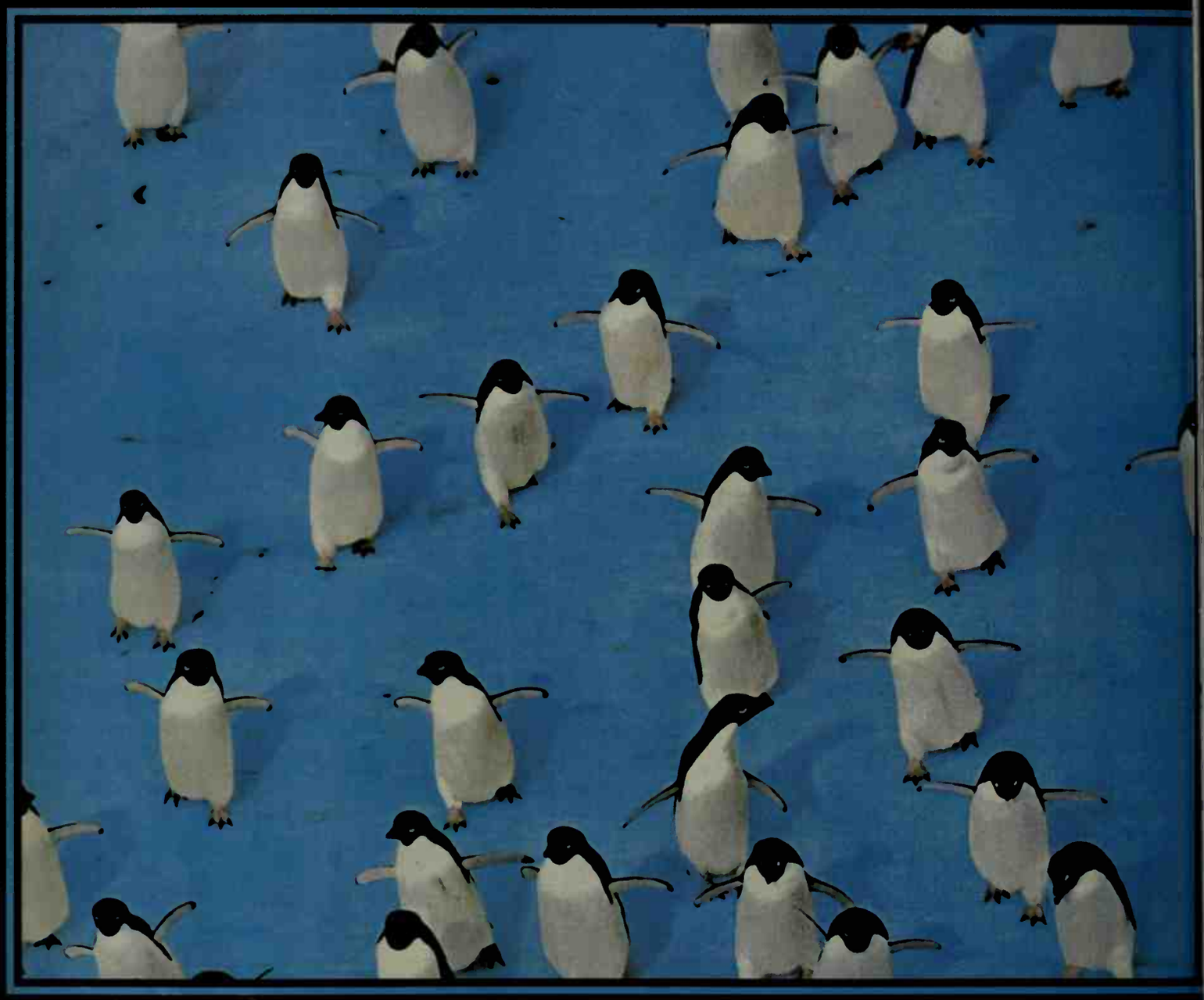

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FROM THE EDITOR

In search of the West's holiday traditions

SOME MAY CONSIDER THE WEST TO BE THE COUNTRY'S brash, upstart region, but it's hardly short of venerable traditions. As we look for fresh holiday ideas to report every year, investigating the West's different ethnic and cultural customs is a big part of our job—and a lot of fun.

One December, you may recall, we went to Hawaii—Christmas dinner was Chinese, Japanese, and Portuguese, followed by a hula. Another year, as we explored the West's small towns, we heard Victorian carols in Grass Valley, California, and watched a traditional Mexican Las Posadas procession down Main Street in Bisbee, Arizona.

Our major holiday inspiration this year comes from New Mexico. If you'd like to visit the state this winter, be sure to read the article on page 18. To bring some of New Mexico's holiday traditions into your own home, see the decorating ideas on pages 82 and 96.

For this issue we've also come up with lighter, quicker latkes (page 136), traditionally served during Hanukkah. And you'll find out how one Western family celebrates Sweden's traditional St. Lucia Day (page 152)—and even manages to have their own festive ritual before work on a weekday!

IN NEW MEXICO, *writer Nancy Zimmerman examines black Pueblo pot (top); crafts designer Françoise Kirkman consults with an artist.*

RENEE LYNN

Bill Marken Editor

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Funny, it doesn't

The name is familiar. After all, this is a Honda.

And its beauty is natural. The almost perfect shape of the new Civic EX Sedan was formed by hours of wind tunnel tests.

The lines are so smooth that the wind hardly notices them. Much attention was paid to the space inside the car, however. There's more of it.

In fact, there's more car. Both the car length and wheelbase are longer. So the new Civic Sedan rides better.

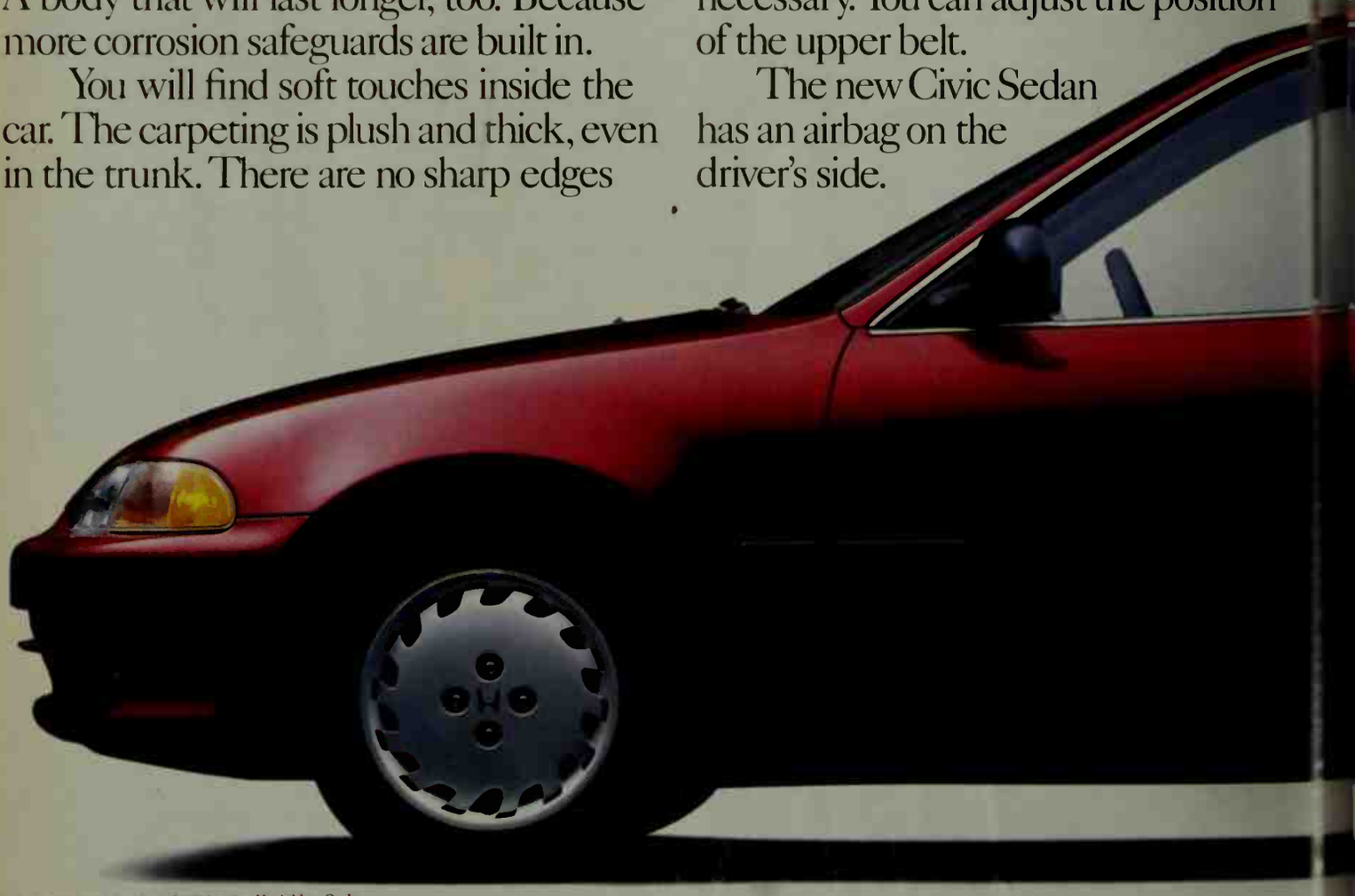
A vastly improved suspension system contributes to the better ride. It's attached to a wider, stronger and more rigid body. A body that will last longer, too. Because more corrosion safeguards are built in.

You will find soft touches inside the car. The carpeting is plush and thick, even in the trunk. There are no sharp edges anywhere. Everything's rounded and fe s right. Seats are firm where they should l and supportive all over. Controls are ea to see and reach. And overhead a powe operated moonroof glides open or tilts u for fresh air ventilation.

And it's quieter in there. Windows f more flush than ever for less wind noise. Fewer holes had to be cut into the boc for mechanical cables to pass through because there are very few cables. Silen electric wires power the instruments.

And it's safer in there. The doors no have stronger internal bracing. New sea belt designs keep the belts tighter whe necessary. You can adjust the position of the upper belt.

The new Civic Sedan has an airbag on the driver's side.



EX model shown and described. © 1991 American Honda Motor Co., Inc.

ook like a Civic.

old plated circuits assure its readiness. ike in all luxury cars.

Driving the car is yet another luxury. attles and squeaks don't exist. You feel control. You sense immediately what e road is telling you through the power sisted steering.

Should your senses tell you to quickly op the car, the four-wheel disc brakes mplemented by our anti-lock braking stem help do just that.

The new engine produces a different nsation. Actually, the engine itself is nsational. It knows to breathe more air it works harder to produce more power. Just like you would.

When you step on the accelerator, the engine computer directs valves inside each cylinder to open farther. That lets in more air and fuel from the fuel injection system. And makes more horsepower.

The valves don't open as wide during normal driving at slower engine speeds. Which makes for more efficiency.

The whole process is called variable valve timing, usually reserved for very expensive luxury cars. Which puts it right at home in our new luxury car.

Except for one word. After all, this is a Civic. HONDA

The new Civic Sedan

Hire a gymnast with a squeegee?

The fussbudget in me just has to ask: how do the owners of homes like "starship" (October, page 96) cope with mundane things like window washing?

Pat Corr
Martinez, Calif.

■ *According to architect Ed Niles, the secret to keeping these windows clean is commercially softened water. About once a month, demineralized and deionized water is applied with an extension pole and allowed to air-dry.*

A concrete solution?

The article on page 66 of the September *Sunset* presents concrete as an alternative garden form that "reflects concerns of the drought-conscious 1990s." Perhaps an even better alternative is to landscape with native plants.

I feel that not only esthetically but for ecological reasons, natives should be encouraged over the use of concrete. They are economical and require little water or care once established. And plants, unlike concrete, help cool the atmosphere, provide oxygen, and offer food and shelter for wildlife.

Gene Derig
Anacortes, Wash.

■ *While we certainly champion the use of native plants in all landscapes, we reported this landscape to show innovative ways concrete can be used. We felt the color, form, and texture of the various applications were unique but not excessive.*

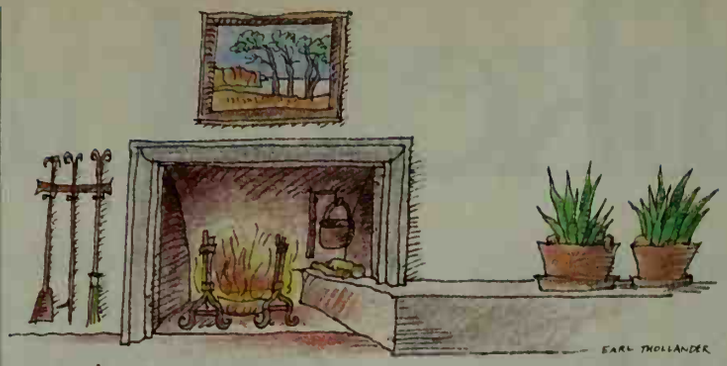
While it is on the cutting edge of garden design, it offers attractive ideas.

Wells Fargo catches Black Bart, again

Contrary to what you reported in September (page 5, Central edition), Black Bart was never employed by Wells Fargo. Instead, the notorious bandit was pursued and finally unmasked by detectives working under the direction of James B. Hume, Wells Fargo's chief detective from 1873 to 1904. The breakthrough was a handkerchief Black Bart dropped while fleeing a holdup.

The laundry mark led to the arrest in San Francisco of a respected mining engineer named Charles E. Boles. Boles was convicted and served four years in San Quentin Prison.

Harold P. Anderson
Wells Fargo History Dept.
San Francisco



Fireplace on Sunset's Entertainment Patio

Unfurl those screens on bicycle carriers

I thoroughly enjoyed your July article on mountain biking (page 20). Most people don't think twice about pulling a child carrier without the covers, as you show in the picture on that page. When we first got our child trailer, I rode in the back while my husband pulled, just to see what it would be like for our kids. Being so close to the ground, I could feel the pebbles that were kicked up from the rear.

That experience convinced me to always keep the front panel of the carrier cover in place. The top and back part can be furled and secured for more ventilation.

Debbie Webb
Wrightwood, Calif.

More on raised beds and treated woods

By lining raised beds made from treated softwood (September, page 140) with corrugated plastic, you not only prevent leaching of toxins (see box on page 143), but eliminate moisture contact with the wood so that the beds last much longer. With our dwindling resource of redwood and cedar, treated softwood is a preferred environmental option for planter beds.

Bill Barbour
Medford, Ore.

■ *A double layer of heavy-gauge plastic sheeting will work as well as corrugated plastic and is easier to use.*

What did you think of *Sunset's* new look?

■ *The new look of the October Sunset prompted a number of letters from Sunset readers. Few were neutral, and comments ran the range from "outstanding" to "air ball." Following are some excerpts.*

What a refreshing change! I usually look forward to receiving my copy of *Sunset* magazine and you can imagine my surprise to see the "new look." I am impressed . . . .

Harriett Gossard
Riverside, Calif.

While the new binding, all-color photography, and new arrangement seem to be good ideas, we cannot fully appreciate them because we cannot sit and peruse the magazine as we have done in the past. Our "busier lives, more varied interests, new challenges" leave us with little enough energy without having to spend unnecessary amounts dealing with the extraneous visual noise generated by the new layout you have chosen.

Sarah Fryberger and
Craig Stevenson
Portland

We're split. I like the graphic changes and can navigate my way through the slight confusion. Carole is harder to please. She likes the old layout and thinks you are trying to be too yuppie-ish. She threatens to cancel, I write the checks, so you're safe. Anyway, those are our votes.

Mike and Carole Koslosky
Hayward, California

I don't like the glitz. I miss the familiar format we've supported for so many years.

A staid Oregonian

Congratulations! Your new, updated magazine is wonderful. Now, having given you all that praise, I have to beg you to make one more change. I've always found the "paragraph style" used in some recipes' ingredient lists to be terribly confusing. Please list *all* ingredients in the standard vertical style and I will be ecstatic.

Pat Van Dell-Stratton
Concord, Calif.

Send letters to Open House, *Sunset Magazine,* 80 Willow Rd., Menlo Park, Calif. 94025; fax (415) 321-8193. Include a daytime telephone number.

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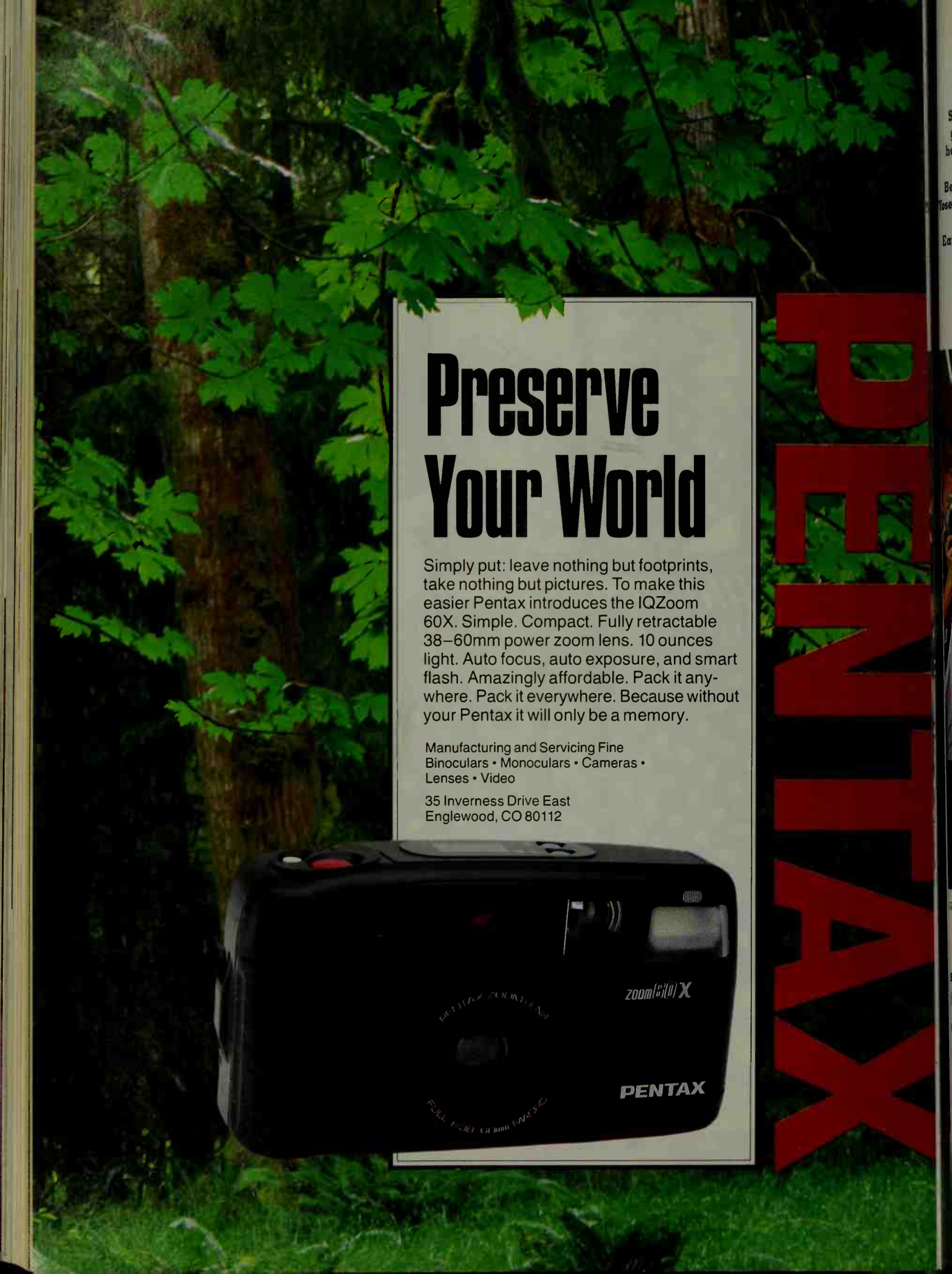
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Sunset's TRAVEL GUIDE

Solano County glass blowers hold open studio

Beginner-friendly Yosemite snowshoeing

Early music around the Bay Area

Lodging bargains for Utah skiers

Winter tidepooling at Bay Area beaches

Holiday festivities at Colorado's Broadmoor

Shop as you stroll East Bay's Emeryville

PETER CHRISTIANSEN

GLASSWARE SHOPPERS GET CLOSE-UP LOOK *at glassblower's craft, from molten silica to art nouveau–style vase.*

SOLANO COUNTY

Glass-making education, glassware sales at open studios

Hand-blown glass makes a unique gift, and this Christmas glass bestowers can also give themselves the pleasure of learning something about the craft while they choose just the right goblet or vase, lampshade or perfume bottle.

Three Benicia glass studios—Nourot, Smyers, and Zellique—hold open house December 5 through 8, with glass-making demonstrations adjacent to the showrooms.

You'll see the blower use a stainless steel rod to collect a molten "gather," which is then spin-shaped, twirled, and reheated in a 2,000° furnace called a "glory hole," and colored by the introduction of various metals at different stages in the process. The artisan works the gather with wet newspaper, sparks flying, controlling its form with his touch and expanding its mass with his breath.

You'll see distinctive styles at each studio: at Zellique, for instance, a metal pick is pulled through an appliqué of hot metal to produce wavy art nouveau chevrons of iridescent color.

Some of the pieces for sale are seconds, but with virtually undetectable flaws. Some are experimental designs, and some are made just for showroom trade. Shoppers can expect to find special promotions on top of already discounted prices.

Open studio hours are 10 to 5 each day. Come early for best selection. From I-780, take E. Fifth Street south ½ mile to H Street, turn left, and drive about ¼ mile (to

road's end) to the studios. Besides visiting the glass studios, you can stop by First Street (between B and K streets) for the Benicia merchants' open house, going on December 6 from 6 to 9. December 7, the historic Camel Barn hosts an annual greens sale. Call (707) 745-2120 for more information on either event.

YOSEMITE

Nature walking—on snowshoes

If you're planning a winter visit to Yosemite Valley or a ski trip to Badger Pass, consider a little-publicized and low-cost way to explore the frosty terrain: snowshoeing.

Once there's enough natural snow for downhill skiing at Badger Pass—call (209) 372-1000 to find out—rangers from Yosemite's Wawona station (an A-frame near the Badger lodge) lead 2-hour snowshoe tours daily at 11; snowshoes are provided for a $1 maintenance charge.

On these quiet forays, rangers help you observe plant and animal adaptations to winter conditions, and maybe decipher a few skitterings of tracks in the snow.

The activity, at 7,000 feet, is moderately strenuous, but many brief stops let you catch your breath. Basically, anyone who can walk can snowshoe. The shoes' aluminum frames have small metal teeth underneath, so you won't slide backward as you go uphill. Wear sturdy footgear without a pronounced heel; moonboots or hiking shoes with gaiters are fine. After the tour, you can get a hot lunch at Badger lodge.

If you'd like to plan your own tour, Badger's nordic area rents snowshoes for $6 per day. Ask for a free map of marked cross-country trails (look for yellow tags above snow level). Walk in the skiers' grooves so you don't break down the snow.

Central West TRAVEL GUIDE

BAY AREA CITIES

Christmas concerts of early music, played on early instruments

Like certain communities in Europe, the Bay Area has seen the prolific development of ensembles that play music from the 18th century and earlier, using handcrafted replicas of original instruments. This reflects a lively interest in hearing music (church, court, and country) played on the instruments for which it was composed, in spaces like those where it was originally heard.

We highlight some December concerts likely to give new audiences a particularly satisfying introduction. The groups listed here (and an astonishing number more) are members of The San Francisco Early Music Society, which publishes a good newsletter and performance calendar; call (415) 843-2119.

Baroque Choral Guild, accompanied on original instruments by 23-member ***Magnificat Baroque Orchestra,*** offers the first half of J.S. Bach's *Christmas Oratorio* in Palo Alto December 7 and in Berkeley December 8. Call (408) 737-9950.

Chanticleer, an all-male vocal ensemble, sings in Santa Rosa December 12, Sacramento December 14, San Francisco December 15 and 16, Santa Clara December 18, and Carmel December 19. Call (415) 896-5866.

Festival Consort offers medieval and Renaissance music on shawms, sackbuts, recorders, krummhorns, bells, psalteries, and hurdy-gurdies with the ***Consort of Voices*** in San Francisco December 20, Berkeley December 24. Call (415) 456-5367.

King's Trumpetts & Shalmes (the exuberant ancestors of modern woodwinds and trombones) performs a Reformation-era program with the ***San Francisco Bach Choir*** in San Francisco December 14 and 15. Call (415) 931-4529.

Philharmonia Baroque Orchestra, the best known and perhaps grandest of these groups, does the original version of Handel's *Messiah* (with attention to such historical accuracies as doing trills entirely with the lips) in Berkeley December 14 and 15, San Rafael December 18, Walnut Creek December 19, San Francisco December 20, and Palo Alto December 21. Call (415) 391-5252.

PARK CITY, UTAH

December festivity—and early-season lodging bargains

After nature's first good snowfalls, the deep powder of the Wasatch Range draws skiers by the thousands to Park City. December 1 through 13, when natural snow is iffy but the manmade stuff is guaranteed, ski-slope crowds are thinner and local hostelries are more motivated to increase trade. During this period, the participating lodges (they are many and varied) offer two nights for the price of one.

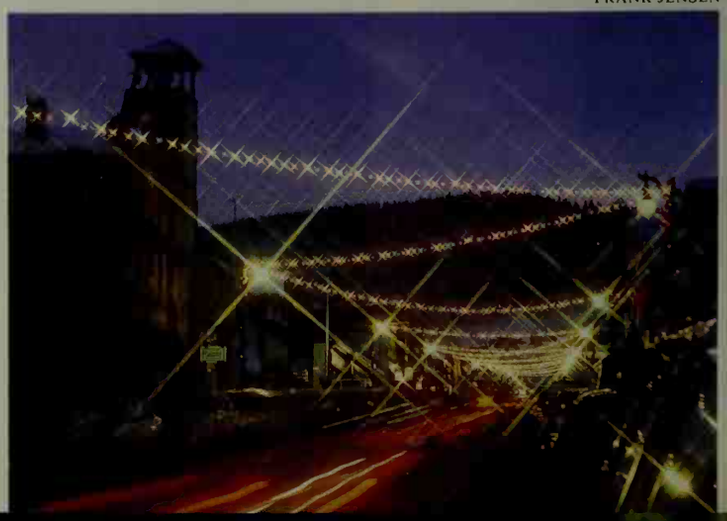
You can choose a bargain-rate "Toucan" package with lodging convenient to any of the three downhill ski areas: Deer Valley, Park City, or ParkWest (the latter has least capability for snow-making). If there is real snow, you can also go nordic at White Pine Ski Touring (in town) or at Homestead Resort (in nearby Midway), or take to the backcountry and try the Norwegian School.

As you build your ski legs, Park City builds its own Christmas spirit. High points of the excitement here are the torchlit ski parades at Park City Ski Area December 24 and at ParkWest New Year's Eve. Lodging is harder to find this far into the season than in early December, but you can try for cancellations or stay in Salt Lake and take advantage of shuttles that run to and from Park City.

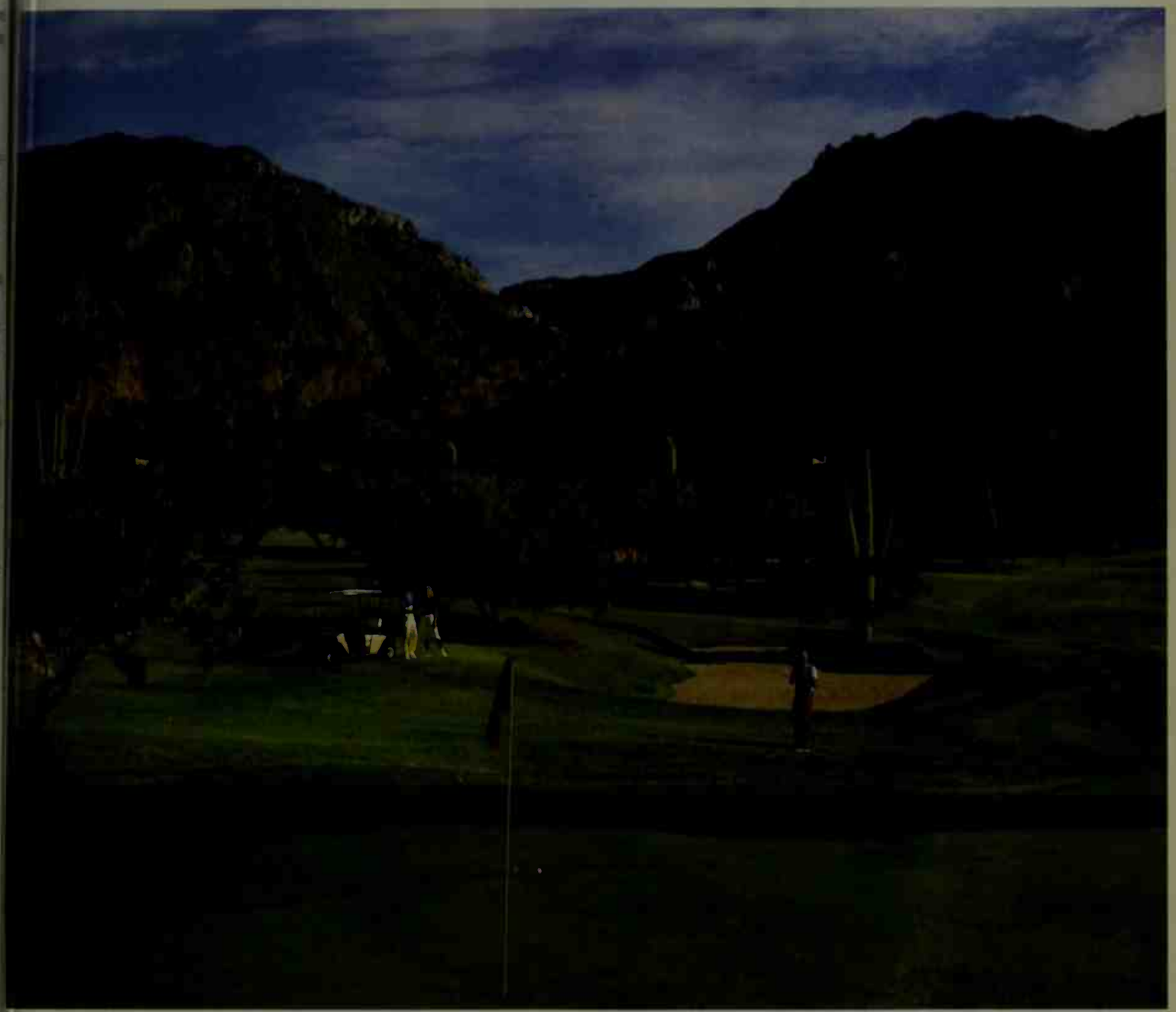
For help booking the Toucan package, information on Christmas-season (and later) cancellations, and details on shuttle options for skiers based in Salt Lake City, call (800) 453-1360.

CRISSCROSSED WITH LIGHTS, *Park City's Main Street sparkles with a quiet mountain town's pre-Christmas excitement.*

FRANK JENSEN



Arizona. Some places have all the sun.



And all kinds of fun under it.

There's shirtsleeves golf. Dress-to-the-max continental dining. Or you can slip on a western shirt and take on a cowboy steak that hides the plate. Indian ruins at dawn. A tennis shoot-out at high noon. Then put your mind on autopilot by a sunny pool.

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COASTAL BEACHES

Winter tidepooling: fascinating worlds await discovery

The area from Point Reyes to Santa Cruz has some public beaches with choice tidepools, and this month offers some of the best viewing, with several daytime minus tides. Tidepooling is a great way to escape Christmas commerce—though the pools themselves can seem like little boutiques, each proffering a different assortment of wavering weeds, spiny crustaceans, laboring hermit crabs, or fluttery small fish.

As you scrutinize these small environments, your eye picks up on the challenges their denizens must survive—from adapting to being completely wet and completely dry several times a day to enduring pounding tidal action without loss of stability. Exploring with a docent or ranger helps you appreciate such biological accomplishments in greater detail.

Saturday, December 21, is the lowest tide of all, -1.7. Other December dates with daytime minus tides are 2, 3, 4, 5, 6, 18, 19, and 20. Here are some good pools where you can join free guided walks.

Point Reyes National Seashore. On December 21, tours start at Chimney Rock (opposite the lighthouse on the seashore's westernmost fluke of land) at 3, and at Sculptured Beach (near Coast Camp, south of Limantour Beach) at 3:30; call (415) 663-1092.

Fitzgerald Marine Reserve. This reserve, just off State Highway 1 in Moss Beach, is easiest to manage with young children, and its barbecue-supplied picnic area makes a good place to warm up afterward. Rangers often lead weekend tidepool walks; call (415) 728-3584 for a current schedule.

Natural Bridges State Park. These Santa Cruz tidepools are stone ledges riven by the San Andreas Fault. Docents meet at the visitor center; call (408) 423-4609 for dates and details.

TINY SUCTION-CUP LEGS *under starfish's hard back get respectful attention on reef at Fitzgerald reserve.*

PETER CHRISTIANSEN

COLORADO SPRINGS

Holiday cheer at a grand Rocky Mountain resort

The famous old Broadmoor, which can generate a sense of occasion any time, takes on special sparkle in December.

For many Denver-area families, the hotel's festive Christmas-season dinner show serves as a holiday landmark. Nightly except Mondays November 30 through December 24, an elegant three-course dinner is followed by an hour-long musical performance—an upbeat medley involving bits of everything from rock to the *Messiah*. The dinner show starts at 7 and costs $34 Sundays through Thursdays, $39 Fridays and Saturdays (for ages 12 and under, it's $23 and $28). For reservations, call (719) 577-5747.

The hotel's Charles Court is the setting for an international holiday experience—without jet lag or language barriers. Each night from November 30 through December 30, you can partake of a traditional meal from Austria, Germany, Italy, Sweden, or Switzerland ($28 and under). Call (800) 634-7711 to check the culinary itinerary and book a country.

If you'd prefer an afternoon outing, you might like to take a few twirls around the hotel's ice-skating arena ($2 admission), then stop by the Main Mezzanine for Christmas tea or wassail with musical entertainment.

EAST BAY

Walking in a shopping wonderland

So you're tired of buying presents and you want to go for a walk, but your gift list still has a few holes? Head for the Emeryville Stroll, November 30 and December 1, 7, 8, 14, and 15.

From 10 to 5 on those three weekends, importers and artists who don't normally sell to the public open their warehouses. You'll find objects ranging from the beautiful (Balinese carvings and fabrics) to the bizarre (flexible wooden snakes from South America) in all price ranges. Browse through furniture, clothing, toys, antiques, and art. This is your chance to ask an artist about a particular technique, or to learn from an importer what that totebag was originally made to hold. Restaurants and cafes along the route also will be open.

From I-80 just north of the Bay Bridge interchange, take Powell Street east four blocks; look for off-street parking near Hollis Street. Grab a map at Kathleen's Doyle Street Cafe (5515 Doyle), or call the Emeryville Holiday Stroll at (510) 653-4477 and ask that a map be mailed to you. ■

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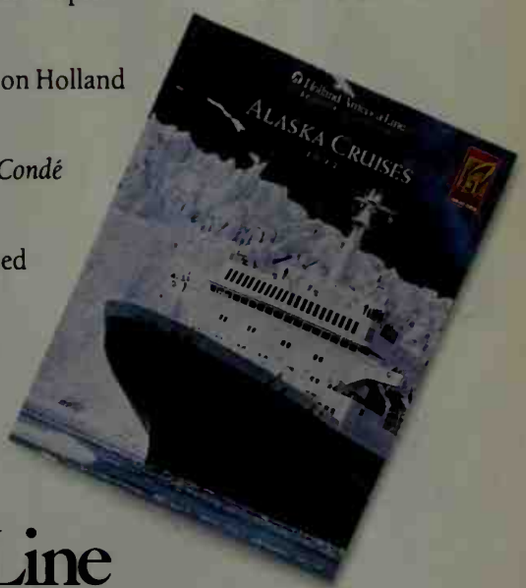

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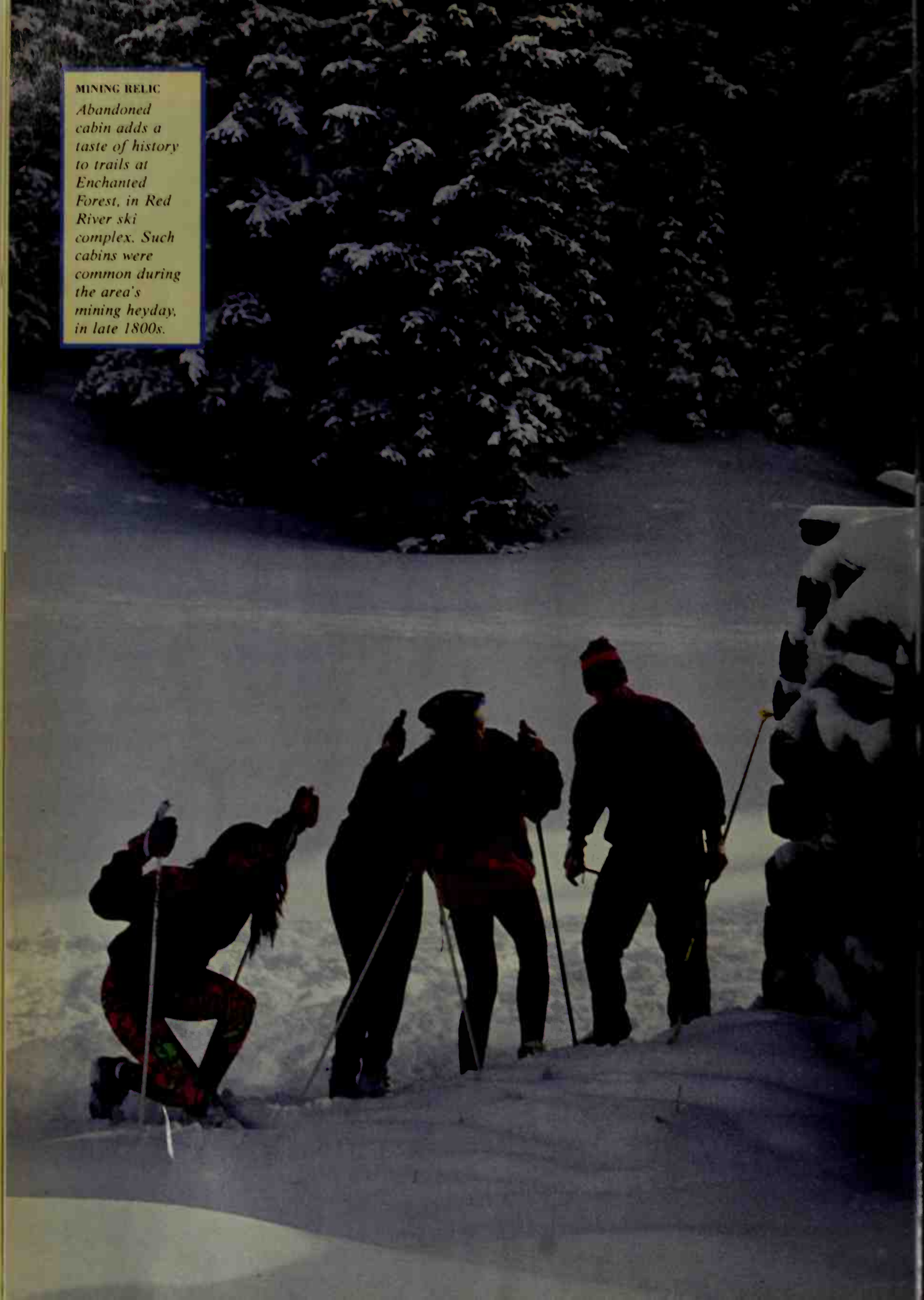


MINING RELIC

Abandoned cabin adds a taste of history to trails at Enchanted Forest, in Red River ski complex. Such cabins were common during the area's mining heyday, in late 1800s.

A northern New Mexico winter

SKIING, CHILI WREATHS, PIÑON FIRES . . . HERE'S HOW TO ENJOY THE SEASON'S PLEASURES

In northern New Mexico, winter is more than a season: it's a state of mind. Snowstorms alternate with brilliant sunny spells, and the shadows of

RENÉE LYNN

the Jémez and Sangre de Cristo mountains stretch moodily across piñon-studded mesas. Charming adobes festooned with candy-red chili ristras peer out from under a blanket of snow, looking like icing-topped gingerbread houses.

TRADITIONAL MOTIFS *dominate even in trendy Santa Fe; snow skull and chili ristras convey seasonal Southwestern charm*

SANTUARIO DE CHIMAYÓ, *famous for reputed healings, exudes a special serenity during winter months, when tourists are few.*

With the first snowfall comes a slowing of life's rhythms, as if both land and people heave a collective sigh and settle into repose. The mood is in sharp contrast to summer, when tourists by the carload create a kind of theme-park ambience.

Visitors this time of year can enjoy the season's moods and vistas, as well as some distinct advantages. Air fares to Albuquerque (the closest airport) and hotel prices in Santa Fe and Taos are at their lowest December through March (not counting the Christmas–New Year's period). Many accommodations come with fireplaces—mere decoration in summer but a welcome treat now. Shopkeepers, artists, and restaurant owners have more time and inclination to visit with guests.

Restaurants are easy to get into, except at Christmas, when you'll need to reserve several days ahead. The same is true of hotels and ski resorts; while holiday reservations should be made up to a year ahead, the first three weeks of December and the rest of winter after January 6 are bookable on short notice.

The snowy season begins in earnest this month. Storms last a day or two, usually followed by sunshine so bright that roads are cleared of ice and snow naturally. Main roads—I-25, U.S. 84/285, and State 68—usually remain passable, but such outlying arteries as State 76 (the High Road to Taos) frequently close until the snow melts.

CHRISTMAS CHEER, SOUTHWEST-STYLE

Christmas in northern New Mexico remains a heartfelt and magical observance. Peak celebrations are December 21 through January 6 (Three Kings' Day), but seasonal cheer abounds through December well into January.

After dark, flickering *farolitos* illuminate rooftops, walkways, and adobe walls. (These candles burning inside sand-filled paper bags are called luminarias south of Santa Fe.)

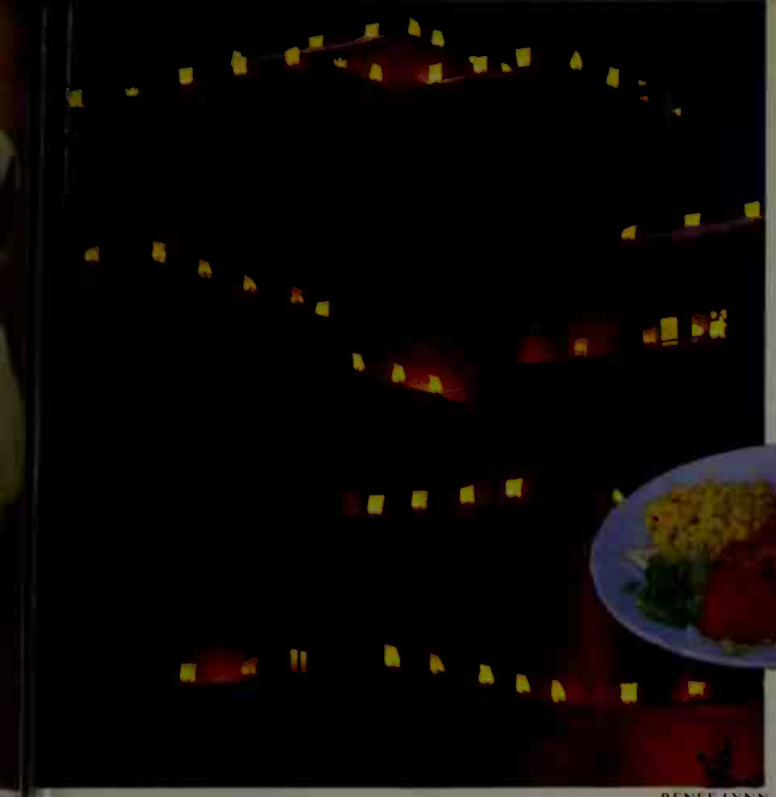
Chili wreaths and ristras adorn doorways, and the aroma of fresh chilies roasting over piñon fires fills the air with an earthy incense.

In Santa Fe, Christmas Eve brings the lighting of farolitos along Canyon Road, and bonfires known as luminarias (not to be confused with farolitos) burn all over town.

Historic churches—Loreto Chapel, San Miguel Mission, St. Frances Cathedral, and the Santuario de Guadalupe—conduct special services. Las Posadas, a traditional pageant reenacting Joseph and Mary's search for shelter, is performed in a variety of settings. For information on events, call the Santa Fe Convention and Visitors Bureau at (505) 984-6760, (800) 777-2489 out of state.

The annual Yuletide in Taos celebration, December 11 through 15, features artists' exhibitions, lectures, and entertainment. Call the chamber of commerce at (505) 758-3873 or (800) 732-8267.

At the Eight Northern Pueblos—Nambé, Picurís, Tesuque, San Ildefonso, San Juan (the headquarters), Santa Clara, Taos, and Tesuque—celebrations combine Native American traditions with European religious ritual. Such events take place regularly all year; dances and ceremonies are open to the public on Christmas, New Year's, and other dates during the season. For a schedule, call the pueblos' headquarters at (505) 852-4265.



RENEE LYNN

FLICKERING FAROLITOS *on rooftops cast their magical Christmas glow over downtown Santa Fe.*

PILLOWY SOPAIPILLAS, *steaming pozole, and spicy enchiladas tempt diners at Rancho de Chimayó.*

JOINING THE LOCALS IN SANTA FE OR TAOS

A small-town atmosphere reigns over wintertime Santa Fe, despite its 50,000 population and state-capital status. Rigors of the weather seem to bring out the best in people—here, classic Western individualism yields to a cooperative spirit.

But there's an urban sophistication as well. Bon vivants in Stetsons stomp snow off their cowboy boots to head into upscale shops on Canyon Road and Guadalupe Street, to dine at cosmopolitan eateries like Coyote Cafe (celebrity chef Mark Miller's signature restaurant), Santacafe (high prices, snooty service, undeniably good food), La Casa Sena (quintessential Santa Fe, full of history and cozy fireplaces), and E.K. Mas (eclectic menu, fine service, good wine list).

Menus reflect the season with heartier soups, special game dishes, and richer-than-usual desserts.

If stormy weather precludes a trip into the surrounding areas, you can enjoy the galleries, shops, and museums for which Santa Fe is *(Continued on page 24)*

DEDICATED DANCERS *at Taos Pueblo brave winter temperatures to perform holiday dances combining Christian ritual with Native American tradition. Visitors are welcome.*

You want to go where no one has gone before.

This weekend.

If you want to go farther than all the others, consider the vehicle that did just that.

Explorer passed all the rest to become the best seller, the new standard for its class. And, Four Wheeler magazine's "Four Wheeler of the Year."

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justifiably famous (for shopping opportunities in town, see the guide below). In smaller Taos (population 5,000)—with an even stronger sense of frontier living—latter-day mountain men and assorted sheepskin-clad iconoclasts welcome visitors with low-key friendliness and camaraderie born of the season.

You can join them dining fireside at cozy spots like The Apple Tree on Bent Street, where homemade soups and breads are wintertime favorites, or Doc Martin's at the Taos Inn for special winter galas. For breakfast en route to the slopes, skiers favor the suitably hearty fare at Michael's Kitchen on Paseo del Pueblo Norte.

MUSEUM-QUALITY TEXTILES, *traditional and contemporary, absorb attention at Centinela Traditional Arts in Chimayó.*

RENEE LYNN

LOOK FOR *hand-painted retablos at Teresa's Gallery.*

HIKES, HOT TUBS, AND SLEIGH RIDES WITH A TWIST

Hikes among New Mexico's ancient ruins assume a different appeal under a dusting of snow, and even the most popular trails are deserted in winter months.

One of the best sites is Frijoles Canyon at Bandelier National Monument near Los Alamos, where several trails—some paved—range from 2 to 10 miles round trip, and lead to prehistoric cliff dwellings and eerie ruins of pueblos dating from the 12th century. Cross-country enthusiasts should bring skis.

Park admission ($5) is good for a week. The visitor center houses a small mu-

SHOPPER'S GUIDE: IN TOWN, ALONG BACK ROADS, AT THE PUEBLOS

In Santa Fe. Besides the well-known shopping districts—Canyon Road, Guadalupe Street, and the Plaza area—two places off the visitor circuit also merit a look. Early Street Studio, at 815 Early Street, sells very high-quality jewelry, masks, and carvings made by Native Americans throughout the West. It's open 9 to 5 Mondays through Saturdays; call (505) 984-0265 for directions (it's tricky to find).

Visit the Streck Family shop, at 541 W. Cordova Road, to see refurbished antiques and traditional-style New Mexico furniture with a contemporary touch. Another specialty is decorative tinwork (custom designs on request). Open 9 to 5 Mondays through Saturdays; 986-1201.

In Taos. Shops concentrate in the Plaza and narrow streets emanating from it. Also explore along Paseo del Pueblo Norte and Paseo del Pueblo Sur, where specialty stores sell textiles, furniture, rugs, and crafts. Overland Sheepskin Company, 3 miles north of the Plaza on Paseo del Pueblo Norte, supplies chic winter wear—leather and suede coats, parkas, hats, gloves, boots. Open 8:30 to 8 daily; 758-2233.

Along back roads. Prices often are substantially lower than in Santa Fe and Taos. The experience is also more personal—you may be shopping in people's homes, and you'll get acquainted with the Hispanic and Native American cultures.

Just off State 76 five miles east of U.S. 84/285 is Teresa's Gallery, a small shop in the home of artists Teresa and Richard Montoya. Grab a *bizcochito* (the official state Christmas cooky) from the tin by the door to nibble while you examine carved wood ornaments and Nativity scenes, hand-painted Christmas cards, Indian pottery, wreaths, and dried plant arrangements. *Retablos*, paintings of religious figures on wood, line the walls. Prices are reasonable because the shop offers work by younger artists just beginning to make names for themselves. Hours are 9 to 9 daily; 753-4698.

Ten winding miles farther on State 76 is Chimayó, home to several generations of Hispanic weavers who make blankets, rugs, and wall hangings in traditional and contemporary designs. Along the highway, Ortega's Weavings (351-4215) and Trujillo's Weaving Shop (351-4457) offer extensive, if commercial, selections along with other local crafts and textiles. Both are open daily except Sundays; hours vary.

Also along the highway, Centinela Traditional Arts (351-2180) is considered state-of-the-art: owners Lisa and Irvin Trujillo spin and dye their own wool in accordance with long family tradition, and are world-renowned. You might find them preparing dyes, teaching aspiring textile artists, or weaving their own creations. Prices range from $50 to $40,000. Open 9 to 6 Mondays through Saturdays, 10 to 5 Sundays.

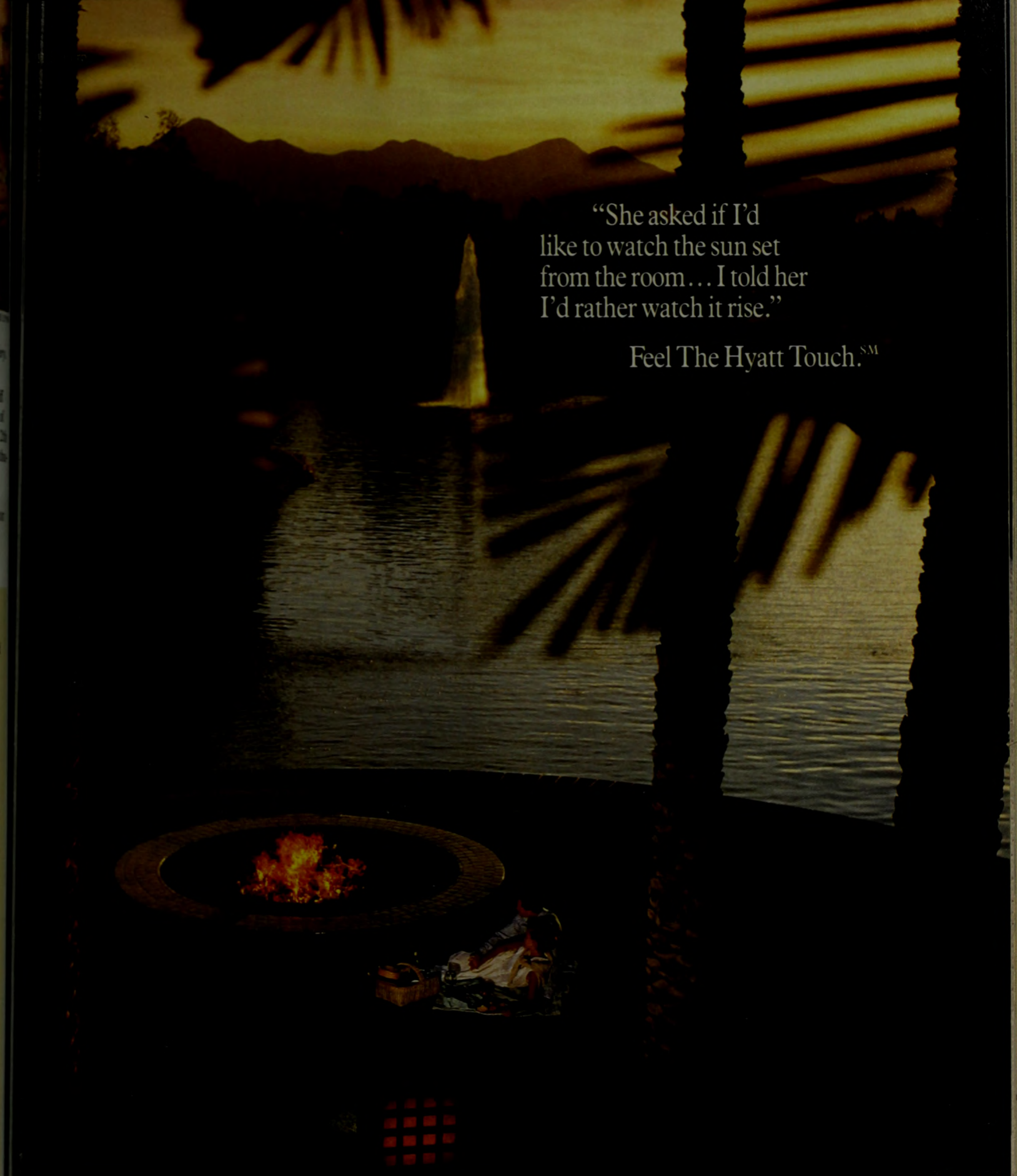
For the best values in chili ristras, wreaths, dried corn arrangements, and other seasonal crafts, take U.S. 84 northwest toward Abiquiú.

Romero's Fruit Stand, on the west edge of Española at Hernández (on the west side of the highway, across the frontage road), sells well-made ristras, wreaths, and Christmas decorations ($12 to $125); the ground chili is always fresh. Prices are the lowest around, and quality is high. Local produce and herbs are also sold. Hours are 8 to 7:30 daily; 753-4189.

At the pueblos. Fewer shops and studios may be open in winter than in tourist season, but a visit is worthwhile. For a good overview of Indian wares, try a trading post on pueblo land.

Cottonwood Trading Post, at San Ildefonso Pueblo, is run by Bill and Wynell Crow, traditional traders selling everything from groceries to fine Navajo rugs. There's a good selection of pueblo pottery, kachinas, jewelry, baskets, and books about the Southwest. The Crows will explain how to evaluate wares and judge prices. Open 9 to 9 daily; 753-4698.

Nambé Trading Post, just off State 503, also specializes in Navajo rugs, as well as dolls, sand paintings, pottery, painted gourds, and fine jewelry. Open 8 to 6 daily; 455-2513 or 455-2819.



Scottsdale, Arizona

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seum and a well-stocked bookstore. Trail maps are free; detailed brochures cost a small fee. Park hours are 8 to 4:30 daily; call 672-3861 for information. For more winter hike ideas and maps, call the Forest Service at 827-5830.

New Mexico is blessed with a number of hot mineral springs, many of them so secluded that they remain little known even among locals. A popular one is Ojo Caliente Mineral Springs in Ojo Caliente, an hour's drive north of Santa Fe on U.S. 285. This rustic spa, open year-round, offers a variety of mineral soaks, massages, and facials for $6.50 to $35.

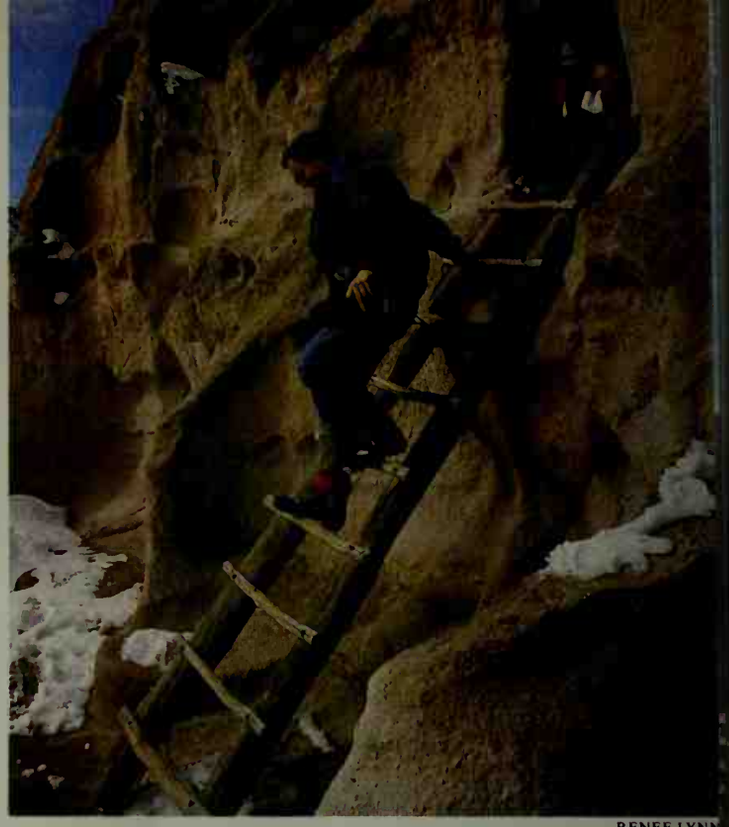
The soothing heat of the steaming springs (average 102°) is especially welcome when the snow lies deep on the ground. Amenities include a restaurant and overnight cabins (maybe *too* funky for some; try a day trip); call Ojo Caliente Mineral Springs at 583-2233 for information and reservations. While the spa is less busy in winter, an appointment is advisable.

You'll find a less rustic, more elegant experience at Ten Thousand Waves, a Japanese-style spa 5 miles from the Santa Fe Plaza on Hyde Park Road (State 475, en route to Santa Fe Ski Area). Try this spot for an après-ski soak outdoors in an herbed and scented hot tub surrounded by snow, or book a shiatsu treatment or facial. The experience gets raves from devoted Santa Fe soakers. Prices range from $8 to $19 for baths, $26 and up for facials and massages. Call 988-1047.

Sleigh-ride fans will find a unique New Mexico version. César (Storm Star) and Sandy Gómez conduct rides across Taos Pueblo terrain otherwise off-limits to non-Indians. You'll enjoy a bonfire and chili roast, and a storytelling session in which Storm Star relates legends and ghost stories—all the more haunting by the firelight in snowy stillness.

Don't expect upscale conditions; the horse ranch is "unrefurbished." Sleigh-ride prices range from $17.50 to $37.50 per person; packages for families or for adults only are available. To make reservations, call Taos Indian Horse Ranch at 758-3212.

For any information about events, activities, and accommodations, call the State Department of Economic Development and Tourism at 827-0291, or (800) 545-2070 out of state. ■



RENEE LYNN

WINTER HIKERS *enjoy snowy solitude at prehistoric cliff dwellings in Bandelier National Monument.*

SKI INTO HISTORY AT FIVE SKI AREAS—EACH HAS NEWS

In recent years, New Mexico has emerged as a charming, low-key alternative to pricey, crowded resorts elsewhere. The dry climate makes for great powder and comfortable daytime temperatures.

The southernmost reaches of the Rockies, the Sangre de Cristo Mountains, conceal in their craggy heights evidence—petroglyphs to mining-camp ruins—of earlier residents. Amid these peaks, five downhill ski areas, one with a cross-country complex, offer new or updated facilities for the 1991–92 season.

Angel Fire Ski Area. The area, 25 miles east of Taos, has added three downhill runs and increased snowmaking capacity. Torchlight parades are planned for Christmas and New Year's, and the annual World Shovel Race Championship, complete with hot-air balloons, will be February 1 and 2. Call (505) 446-8117 for information.

Red River Ski Area. A complex of new beginner trails at the area, 35 miles northeast of Taos, features an old miner's cabin and mining artifacts designed for kids and adults to explore. A new expert run has also been added. Santa Claus puts in an appearance on Christmas Day, torchlight parades are held every Saturday evening all season, and the Winter Carnival takes place January 25 and 26. Call 754-2382.

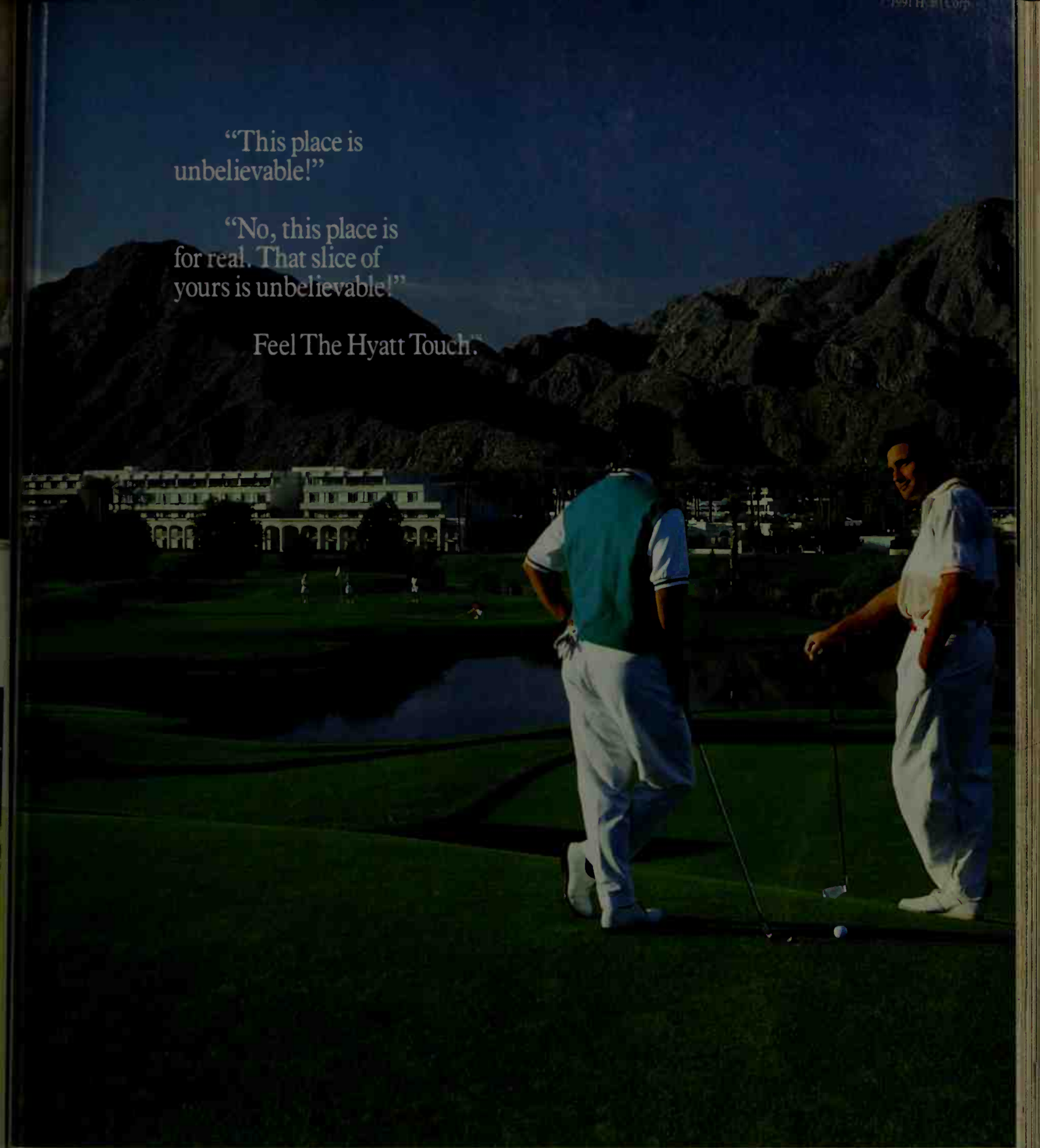
Also at Red River is Enchanted Forest, the state's largest cross-country ski area, with 60 miles of groomed and packed trails. Four trails have been widened for this season, and all have been "buffed" to remove stones, making the terrain skiable with only minimal snow cover. For information and equipment rental, call Miller's Crossing, 754-2384, in Red River.

Santa Fe Ski Area. Just 15 miles from the Plaza, the new Chipmunk Children's Complex provides lunch facilities, nursery and day care, a snow-play area, a rope tow, and a kids-only slope.

The March of Dimes Classic runs January 31 through February 2, Winter Fiesta (with races, snow sculptures, and entertainment) February 20 through 23. Call 982-4429 for fiesta and ski area information, 983-9115 for snow conditions.

Sipapu Ski Area. Casual and homey, this area caters to families. On January 19 it holds an annual Clown Clinic featuring jugglers, costumes, ski races, and music. The February Fest, February 16 and 17, will highlight snow sculptures, games, live music, races. New trails are being added this year. For more information, call 587-2240.

Taos Ski Valley. This year's news: a new lift, 30 percent more snowmaking capacity, and two new parking areas to ease congestion. Call 776-2291 for information, 776-2916 for snow reports.



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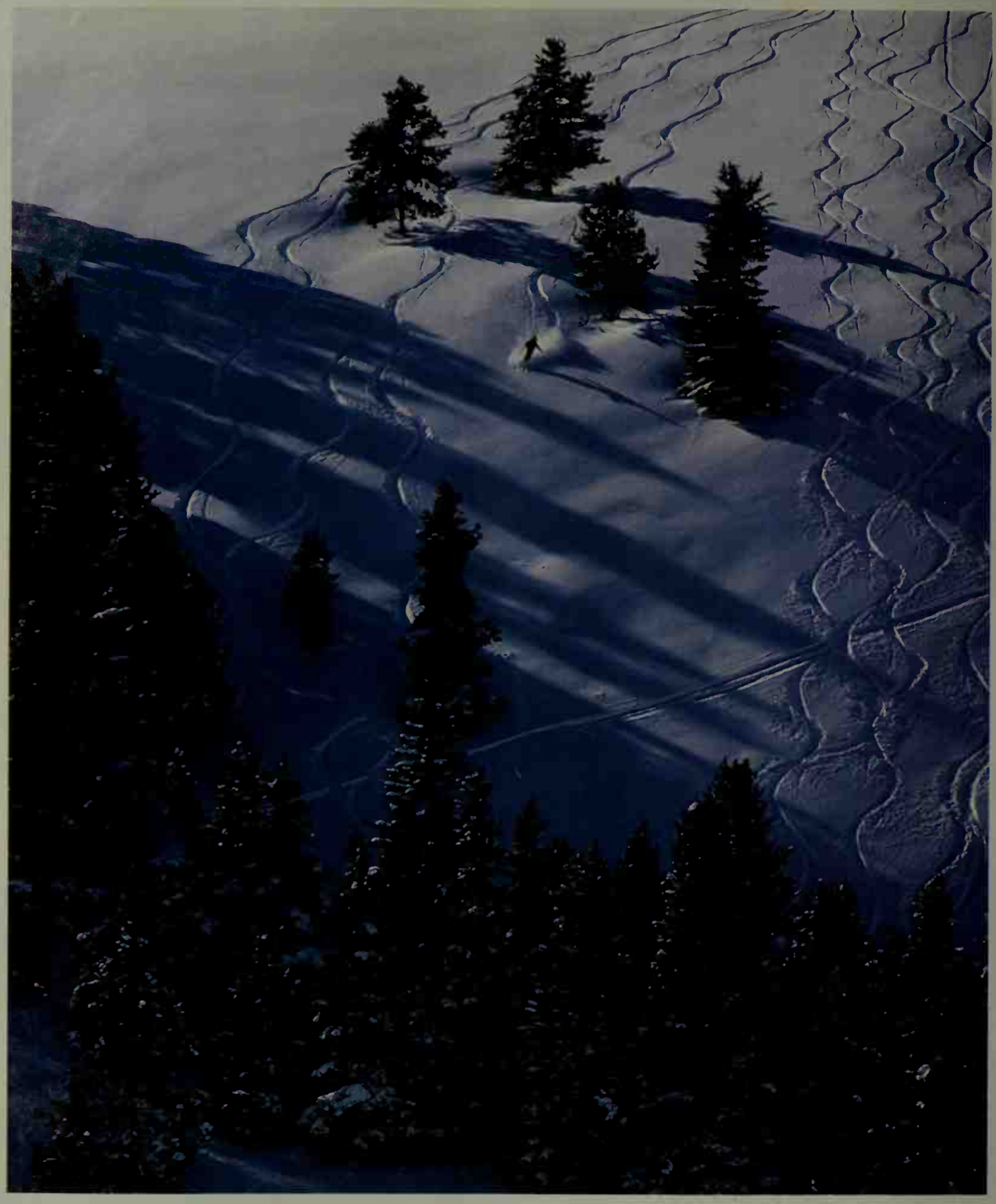

Why Do You Think They Call It Winding Down?

Skis were made for letting things slide. And isn't that exactly why you take a vacation, to let things slide? For a free Winter Vacation Kit, call 1-800-COLORADO ext. 476.

Or write Vacation Kit, Box 38700, Dept. 476, Denver, CO 80238. Please allow 3 to 4 weeks for delivery or include $3.50 for First Class.

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1-800-265-6723

Memories of WW II

Two photo exhibits in Oakland, and other Bay Area reminders

RIPTIDES OF RUMOR swept the Bay Area after Pearl Harbor was attacked on December 7, 1941. One crackled over the radio during dinner that night: "This is New York," said the announcer. "Reports from the West Coast say there are 50 Japanese planes over the Farallones. San Francisco remains calm."

World War II had arrived in the Bay Area. Now, 50 years later, memories are being revived in exhibitions starting this month.

OAKLAND: PHOTOGRAPHS

December 4 through March 1, the Oakland Museum presents two exhibitions of work by prominent Bay Area photographer Peter Stackpole. The larger exhibit, Peacetime to Wartime, includes many of his most famous photographs (such as the eerily matter-of-fact images of riveters and cable-spinners at work on the Bay Bridge high above the water) and examples of his war coverage for *Life* magazine.

A smaller show focuses on his assignments in Hollywood during the war years. Here you'll see Liz Taylor graduating from high school and Errol Flynn sailing his yacht *Sirocco*. Free; open 10 to 5 Wednesdays through Saturdays, noon to 7 Sundays.

TREASURE ISLAND: NAVAL HISTORY

The Treasure Island Museum's special year-long exhibit, opening December 7, charts naval history in the Pacific, from the Battle of Manila Bay in 1898 through the Battle of Midway in 1942. More than 22 ship models will be on display, from a Japanese dreadnought of the 1920s to the World War II battleship *California*.

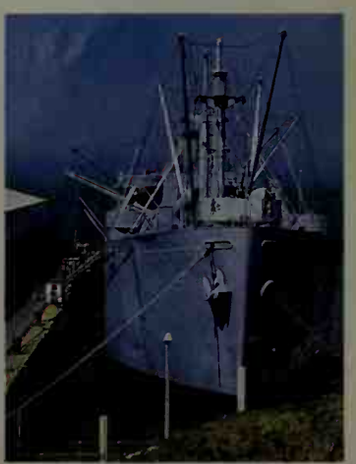
The largest object is a mock-up of a scout plane from the Battle of Midway. You walk inside and look through aviation cameras to see a diorama of the battle below. Free; hours are 10 to 3:30 daily.

SAN FRANCISCO: LIBERTY SHIP, SUBMARINE

Perhaps the most vivid reminders of World War II in the Bay Area are the Liberty ship *Jeremiah O'Brien* (open 9 to 3 daily at Fort Mason; $3 for adults), and the submarine *Pampanito* (open 9 to 6 daily at Pier 45; $4). ■

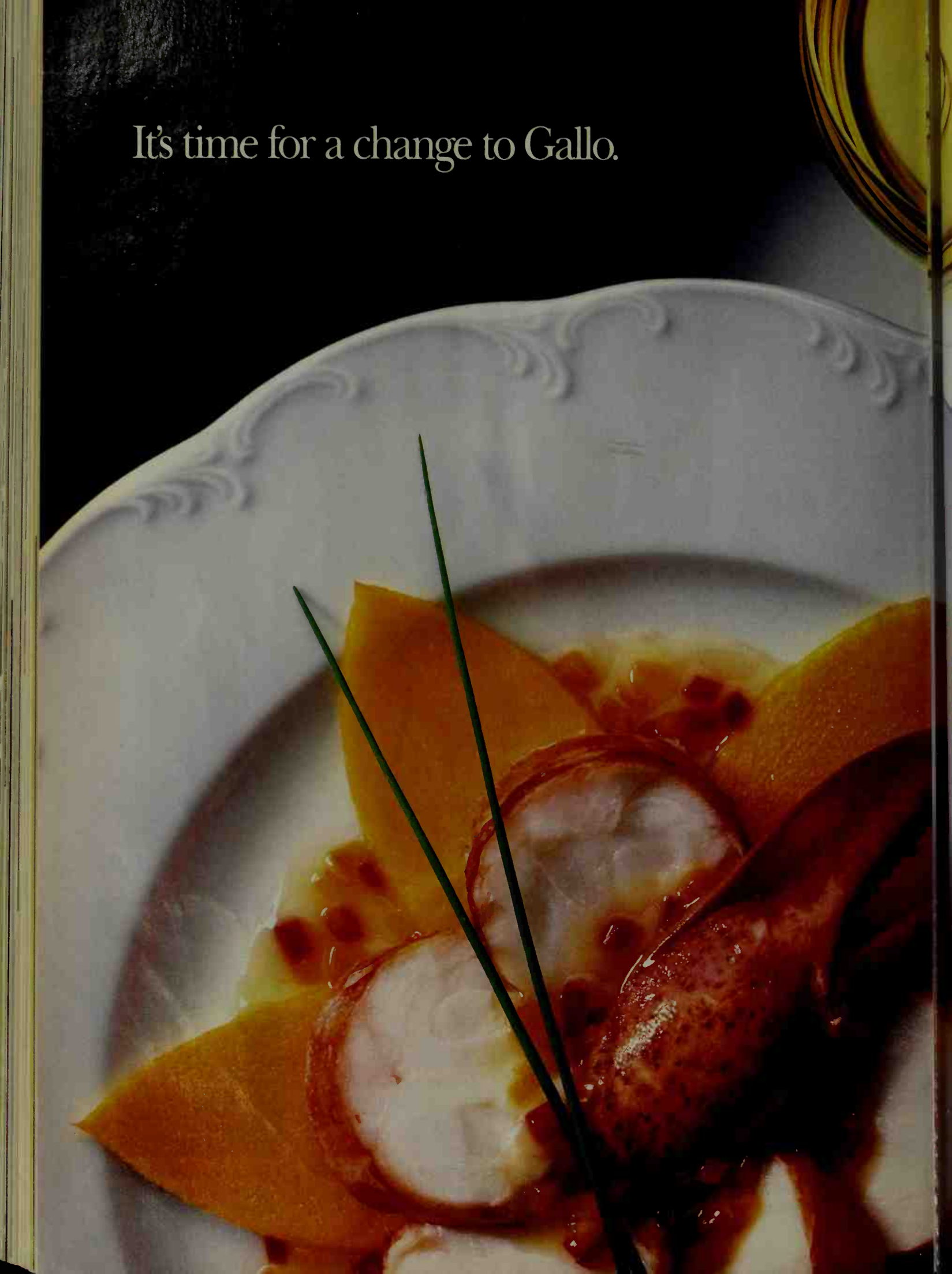
GLENN CHRISTIANSEN

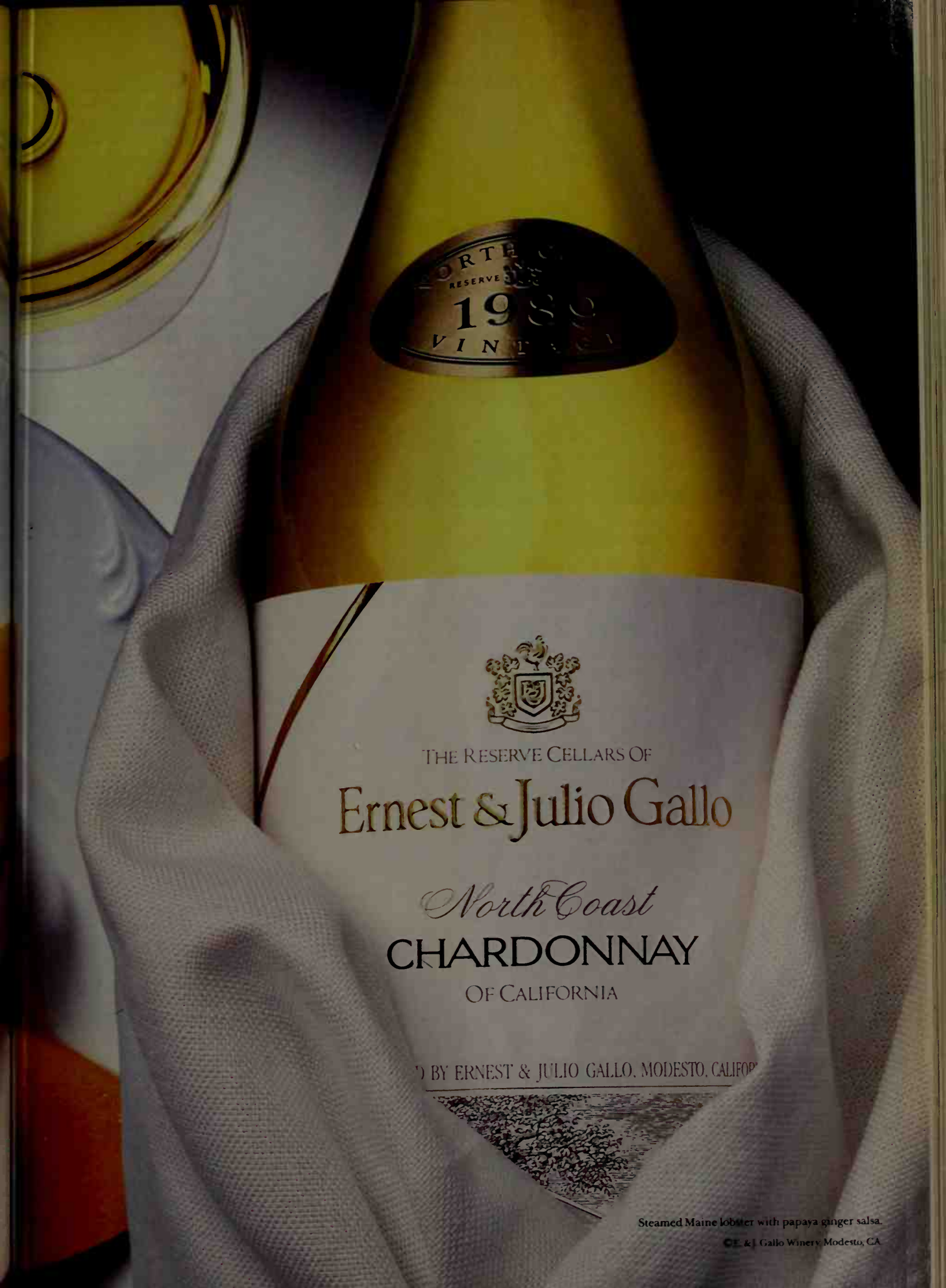
PHOTOGRAPHER *Peter Stackpole reviews his work of 50 years ago in preparation for exhibit at the Oakland Museum.*



THE LAST *functioning Liberty ship, the Jeremiah O'Brien, is open at Fort Mason.*

It's time for a change to Gallo.





Steamed Maine lobster with papaya ginger salsa.

©E. & J. Gallo Winery, Modesto, CA

ANCIENT STONE WALLS *and tiled roofs of jungle-shrouded Pura Gunlung Laba temple invite straw-hatted visitor on countryside walk beyond Balinese town of Ubud.*

A day in a Balinese village

Ubud is a center for art, and it is made for walking

MOST OF ALL, BALI IS temples, art, and the mystical relationship of the people to the land. And, while you'll find exotic temples and good art in cities and tourist centers, the best way to get a feeling for their cultural role is to spend a day or so in a village.

Ubud, about an hour's drive north of hotel districts in Kuta Beach and Sanur, is a good place to start. Since the 1930s, it has been a major center for Balinese painting and art. Plenty of good, inexpensive lodgings and restaurants are in or near town. While the town center has grown, the surrounding villages remain essentially unchanged by tourism.

CHILDREN PLUS MASKS *equal instant theatrics on back street of artists' village of Penestanan.*

Two easy walks can introduce you to the area. Stop first at the information office of Bina Wisata, on Jalan Raya, Ubud's main street. The office sells a Bali Path Finder map (the best area map we found) for about $2. It can also help you find lodging, make reservations for dance and gamelan performances, and provide information on temple festivals and weddings open to visitors.

Enough happens in the center of town to keep you busy for a good part of a day.

The Puri Lukasan Museum, also on Jalan Raya and open 8 to 4, offers a good introduction to Bali's distinctive art styles with works by some of the island's best artists.

A few doors east, the Lotus Cafe serves good Balinese and Western food at shady tables overlooking a lotus pond.

START DOWN MONKEY FOREST ROAD

Walk a block farther east down Jalan Raya and you'll come to Monkey Forest Road on the right, with Ubud's main market at the corner.

Go early to sample the best produce and wander through small alleys lined with stalls. The market is also a good place to buy the wide cloth sash that must be worn when entering any temple or shrine.

A brisk 20-minute walk down Monkey Forest brings you to a pocket of forest that is refuge for a small band of gray monkeys. The monkeys are charming to watch as they play and groom each other, but if they suspect you have food, they can become aggressive and pesky.

Narrow paths lead through the woods, which are cool and peaceful. A small temple on the west side of the forest has striking stone figures of witches with long tongues hanging between pendulous breasts.

Allow plenty of time on the walk back to poke into roadside shops and art galleries, or relax over a strong *capi Bali* (coffee) in one of the many restaurants.

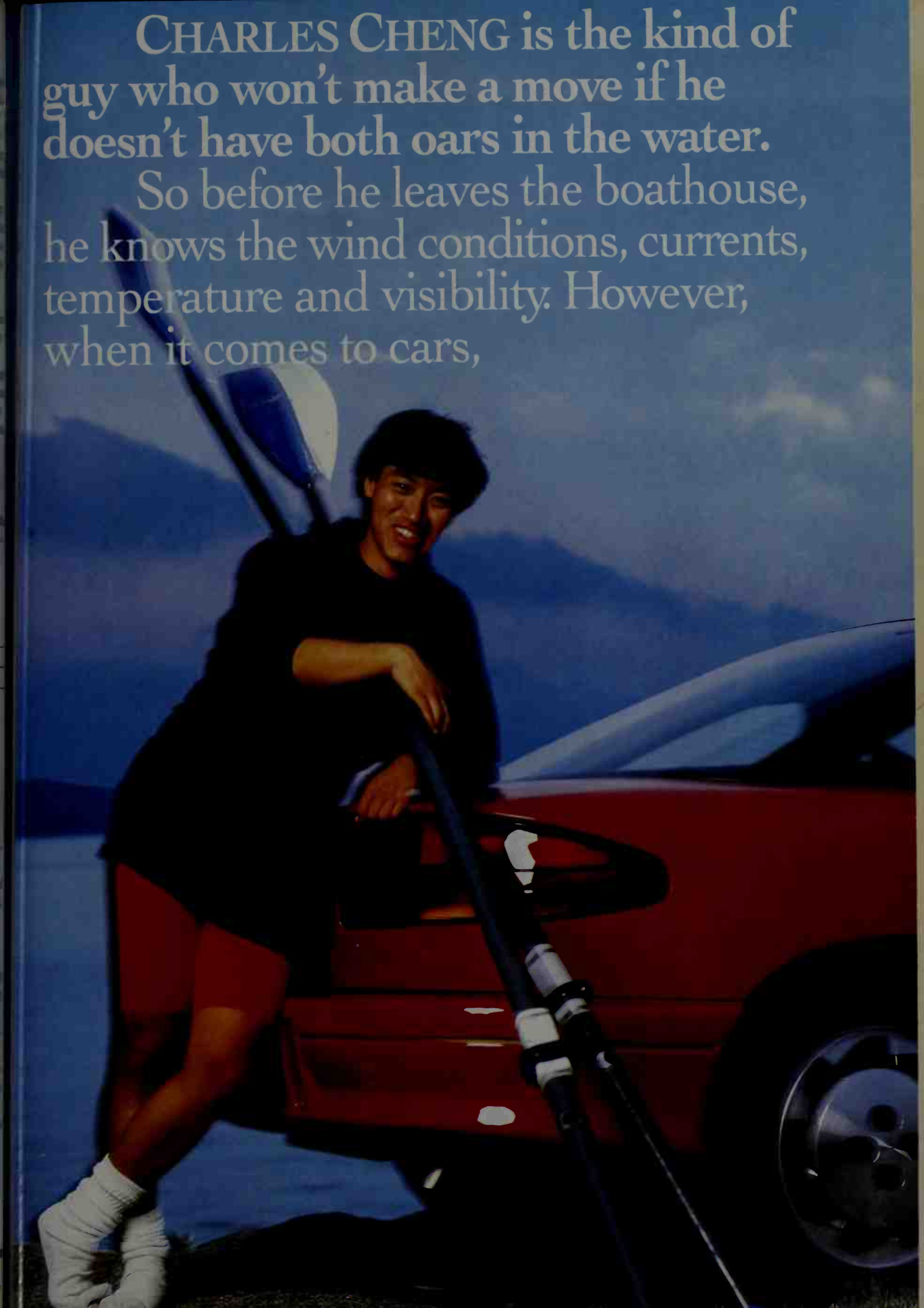
TO TEMPLES AND AN ART VILLAGE

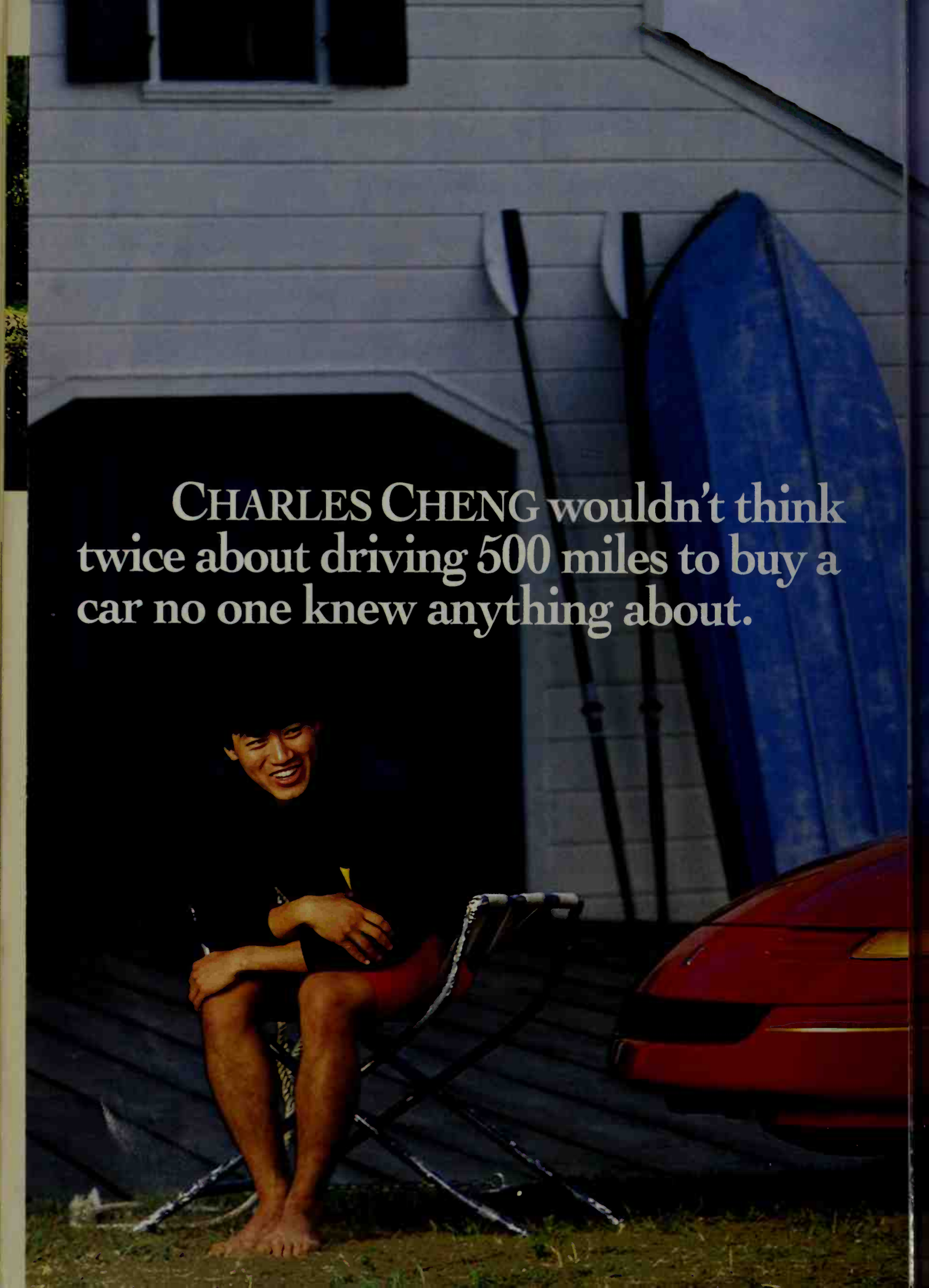
Starting at the museum, head west down Jalan Raya to Campuan Bridge, where you'll find several good restaurants and art galleries.

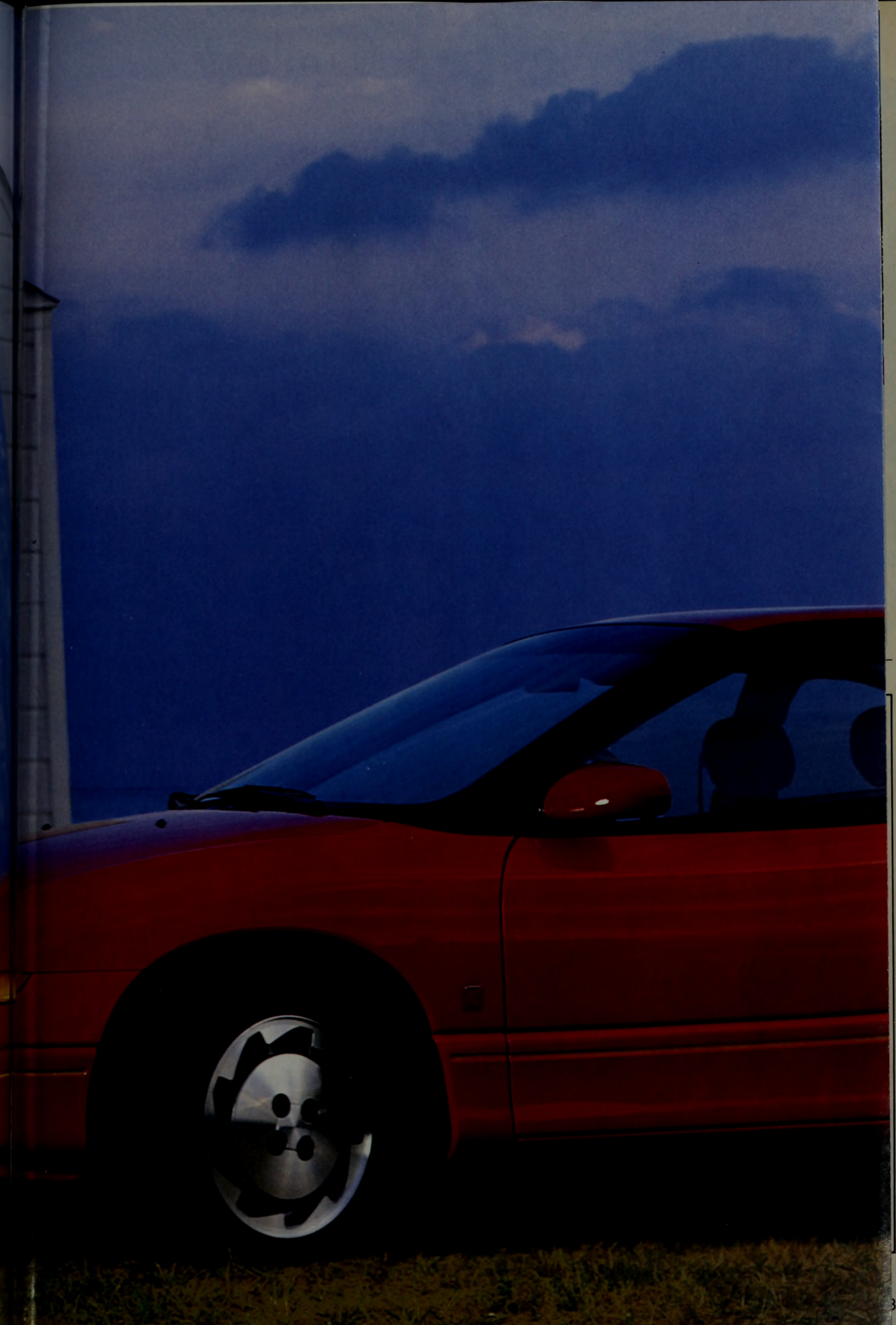
Just before the bridge, steps behind a school to the right lead down to the stone courts of a temple nearly hidden by greenery. The temple, Pura Gunlung Laba, is one of Bali's oldest. During our visit, we enjoyed watching restoration of a thatched roof.

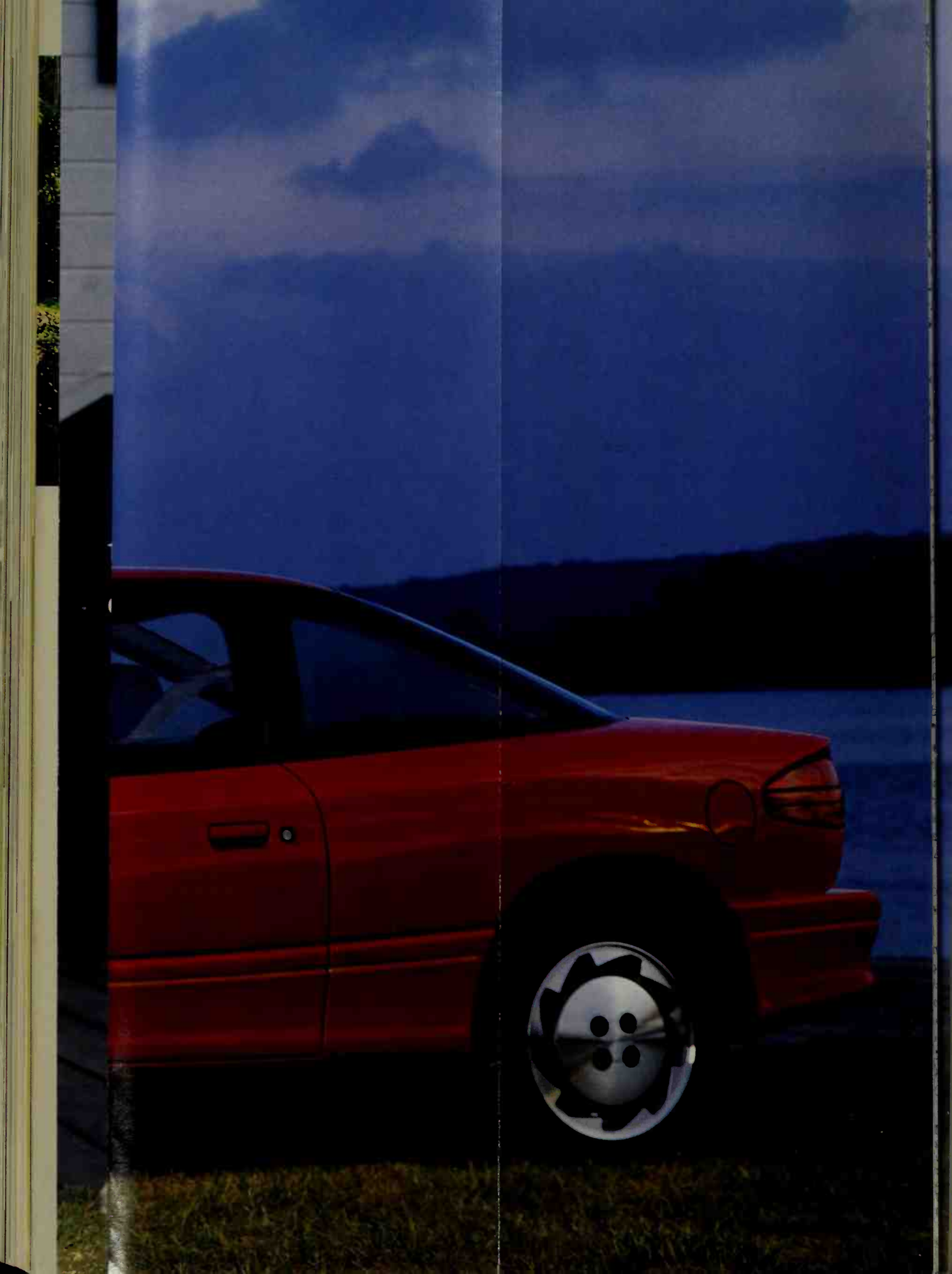
Cross Campuan Bridge, then take the hairpin turn left onto a paved road leading not quite a mile over a low ridge to the village of Penestanan—known for its artists who broke from traditional mythological themes in the 1950s to paint landscapes and villages. Several residential compounds still double as galleries for resident artists.

For travel planning help, write or call the Indonesia Tourist Promotion Office, 3457 Wilshire Blvd., Los Angeles 90010; (213) 387-2078. ■


CHARLES CHENG is the kind of guy who won't make a move if he doesn't have both oars in the water.
So before he leaves the boathouse, he knows the wind conditions, currents, temperature and visibility. However, when it comes to cars,


CHARLES CHENG wouldn't think twice about driving 500 miles to buy a car no one knew anything about.





BEYOND THE WEST: TRAVEL PLANNER

FINLAND
NORTH TO LAPLAND

February 23, a nine-day tour visits the reindeer culture north of the Arctic Circle. In Helsinki, view striking architecture and design. At Enontekiö, visit Laplanders, eat traditional meals, enjoy colorful costumes and crafts, and travel by reindeer sleighs. Cost from New York is $3,985. Smithsonian National Associate Program, 1100 Jefferson Dr. S.W., Washington, D.C. 20560; (202) 357-4700.

BAJA CALIFORNIA
WHALE-WATCHING

From La Paz on March 8 and 15, eight-day cruises aboard the *Don Jose* watch for blue, fin, humpback, gray, and minke whales; dolphins, sea turtles, and shore- and seabirds. A naturalist-photographer offers instruction as you cruise Bahia Magdalena, Cabo San Lucas, and Bahia Los Frailes. Cost is $2,295. Biological Journeys, 1696 Ocean Dr., McKinleyville, Calif. 95521; (800) 548-7555.

AUSTRALIA
WINE TOUR

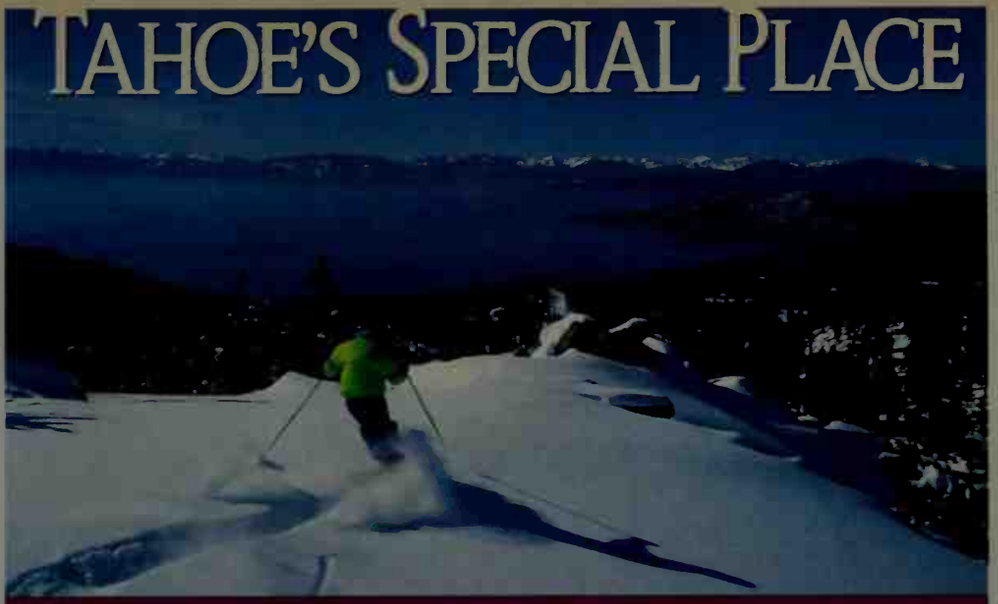
Monthly, February through June, join two-week explorations of Australia's wine regions. After a brief stay in Sydney, attend tastings at three Hunter Valley wineries. Fly to Adelaide to tour wineries and vineyards, attend tastings, and enjoy meals that complement vintages served. See wildlife parks and Strathalbyn heritage town. Cost is $4,199 from the West Coast. Frangipani Tours, Box 1448, Soquel, Calif. 95073; (800) 458-1130.

DOMINICA
BIRD-WATCHING, NATURAL HISTORY

Bird life, forests, and Caribbean island scenery are part of an eight-day exploration departing from Miami on February 3. A naturalist instructs in tropical ecology as you search for endangered parrots. Hike rain-forest trails, visit gardens, snorkel. Cost is $2,590. World Wildlife Fund, 1250 24th St. N.W., Washington, D.C. 20037; (202) 778-9683.

What a travel agent can do for you: *provide information on destinations and tours; help you plan a trip; reserve space on air, rail, and cruise lines; make hotel and resort reservations. Travel agents usually do all this without charge, but they do charge for "custom" tour service.*

TAHOE'S SPECIAL PLACE



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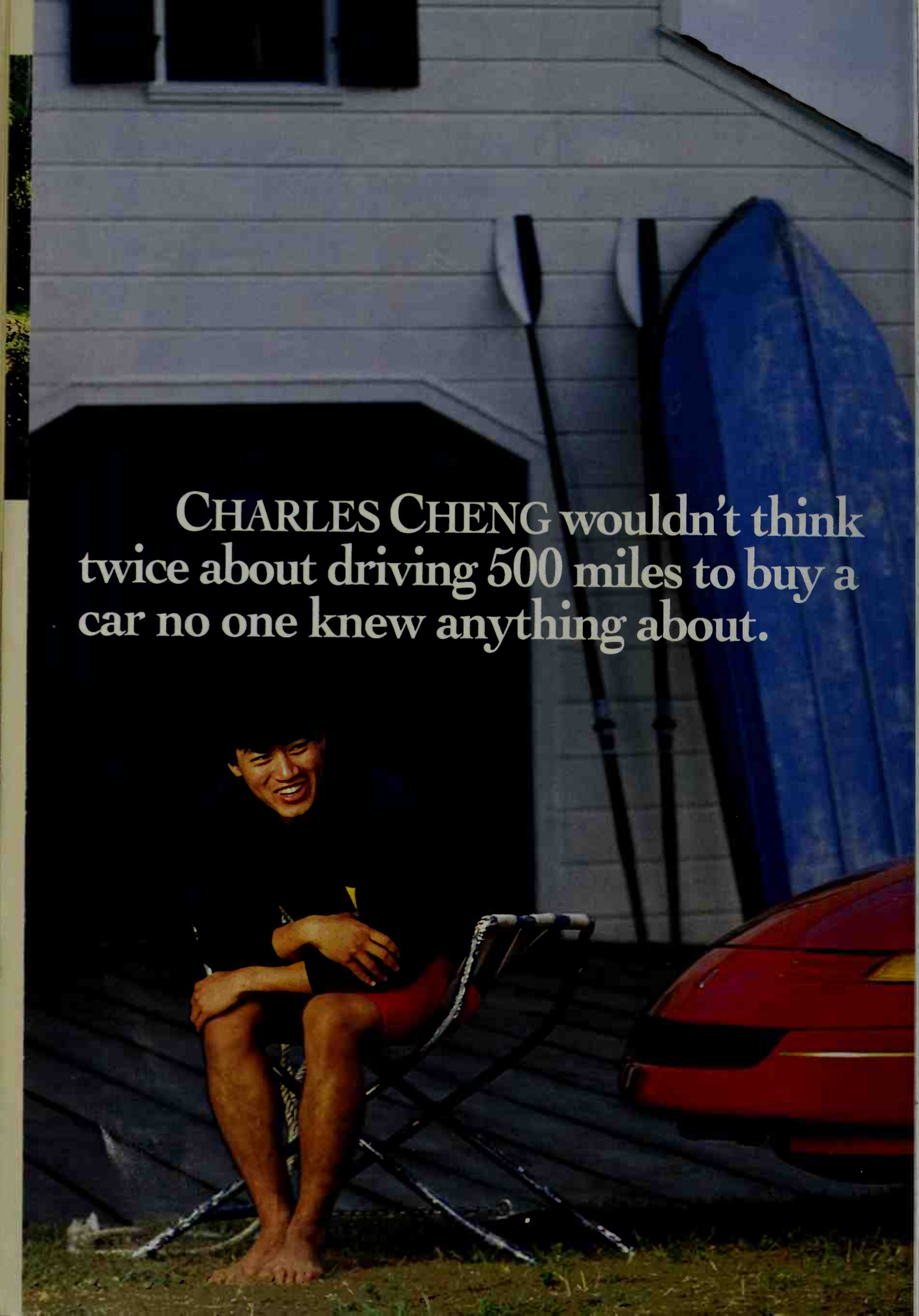
CHARLES CHENG wouldn't think twice about driving 500 miles to buy a car no one knew anything about.

Which, according to some, makes Charles a walking contradiction on land and water.

Or does it?

You see, by his own admission, Charles, besides being a rower, is a bit of a car nut. Which is a 23-year-old's way of saying he knows cars. So when it came time to buy his first new one, he'd already done about ten years' worth of homework.

For example, Charles once put together a '72 Volvo piece by piece. And they don't exactly come in kits. He also regularly devours car buff books, not to mention auto industry studies from MIT.

Anyway, after test driving every other small sporty car he could find, he arrived at a Saturn showroom in Richmond, Virginia, the closest one at the time to his home in New Haven, Connecticut, and picked out his new coupe.

A bit compulsive? Who's to say. All we know is that, when we asked if he always goes to great lengths once he's made up his mind, he thought for a moment and gave us a really simple answer.

"Look," he said, "the Saturn has excellent consistency of control inputs, very good throttle response and excellent limits of adhesion. Plus, it's a model for the direction the auto industry has to take."

He was right. We all ought to loosen up.

Why go 500 miles?

Like any self-educated car buff, Charles Cheng knew exactly what he was getting into.

As he'll tell you, verbatim, the Saturn SC has a 1.9-liter, 16-valve, dual-overhead-cam, multiport fuel-injected, 124-horsepower engine. A free-revving engine, it's been designed for heavy torque.

And yes, it's those excellent response characteristics and consistency of control inputs that help Charles move off the line.

As for ride and handling, well, he unabashedly praises the coupe's controllability and agility. He says the 99-inch wheelbase, 15-inch alloy wheels and sport-tuned independent suspension are just right for minimizing body roll and cutting corners. Besides, of course, giving the SC its excellent limits of adhesion.

Charles also likes the notchy feel of the short-throw, 5-speed manual transmission. The clutch relationship to gear shift and gas pedal is excellent, he reports.

And upon further questioning, we discovered the coupe's body and styling also played a role. Here, what moves him are the special polymer bodyside panels that resist dings, dents and corrosion. Not to mention the water-based acrylic paint system that helps protect against chips, tree sap, acid fallout, bird droppings and other such hazards.

Just between us, it's the panels and paint that also give the Saturn coupe its sleek, racy, just-waxed look.

Or, as Charles simply puts it, a very high head-turning quotient.

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Charles Cheng is pictured inside with a 1992 Saturn SC. *©1991 Saturn Corporation.*

BEYOND THE WEST: TRAVEL PLANNER

INLAND
NORTH TO LAPLAND

February 23, a nine-day tour visits the reindeer culture north of the Arctic Circle. In Helsinki, view striking architecture and design. At Enontekiö, visit Laplanders, eat traditional meals, enjoy colorful costumes and crafts, and travel by reindeer sleighs. Cost from New York is $3,985. Smithsonian National Associate Program, 1100 Jefferson Dr. S.W., Washington, D.C. 20560; (202) 357-4700.

BAJA CALIFORNIA
WHALE-WATCHING

From La Paz on March 8 and 15, eight-day cruises aboard the *Don Jose* watch for blue, fin, humpback, gray, and minke whales; dolphins, sea turtles, and shore- and seabirds. A naturalist-photographer offers instruction as you cruise Bahia Magdalena, Cabo San Lucas, and Bahia Los Frailes. Cost is $2,295. Biological Journeys, 1696 Ocean Dr., McKinleyville, Calif. 95521; (800) 548-7555.

AUSTRALIA
WINE TOUR

Monthly, February through June, join two-week explorations of Australia's wine regions. After a brief stay in Sydney, attend tastings at three Hunter Valley wineries. Fly to Adelaide to tour wineries and vineyards, attend tastings, and enjoy meals that complement vintages served. See wildlife parks and Strathalbyn heritage town. Cost is $4,199 from the West Coast. Frangipani Tours, Box 1448, Soquel, Calif. 95073; (800) 458-1130.

DOMINICA
BIRD-WATCHING, NATURAL HISTORY

Bird life, forests, and Caribbean island scenery are part of an eight-day exploration departing from Miami on February 3. A naturalist instructs in tropical ecology as you search for endangered parrots. Hike rain-forest trails, visit gardens, snorkel. Cost is $2,590. World Wildlife Fund, 1250 24th St. N.W., Washington, D.C. 20037; (202) 778-9683.

What a travel agent can do for you: *provide information on destinations and tours; help you plan a trip; reserve space on air, rail, and cruise lines; make hotel and resort reservations. Travel agents usually do all this without charge, but they do charge for "custom" tour service.*

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MICHAEL SCANNELL

SKIS IN HAND, *backcountry skier heads for temporary home at Donner Spitz Hütte, the last stop on Donner Pass Road before it winds down to Donner Lake and Truckee.*

Donner Summit's historic lodges

Old-fashioned charm just off I-80

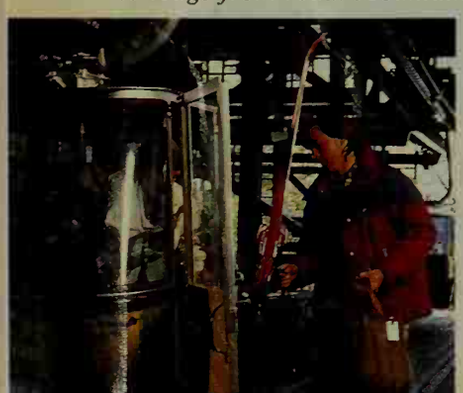
THERE WAS A TIME, before interstates, 4-by-4s, and condominiums, when a ski outing from the Bay Area was a true communal adventure. Transportation options were limited to winding two-lane highways and the train. And once ensconced in a lodge, skiers shared accommodations, meals, and conviviality.

Donner Summit retains much of the old-fashioned charm of those days. The trip is faster now; on I-80, it usually takes less than 3 hours from almost anywhere in the Bay Area. Once you leave the interstate for old State Highway 40, though, the pace slows to much the same speed as 50 years ago.

Historic lodges encourage camaraderie among skiers of either nordic or alpine persuasion, with family-style meals and sequestered settings that let you ski out the front door. Accommodations range from inexpensive dormitories to pricey private rooms.

Unless noted otherwise, all addresses are Norden, California 95724; area code 916.

LIFT ATTENDANT *doubles as bellhop at Sugar Bowl, where gondola is only transportation to lodge from road. Mountainside rooms open onto balconies overlooking slopes.*



BUNCH OF BUNKS IN TRIO OF RUSTIC LODGES

Three rustic lodges with mostly dormitory accommodations suit skiers on tight budgets who care more abou friendliness than frills.

Clair Tappaan Lodge, Bo 36; 426-3632. Sierra Club members and other skiers have been schlepping ski gea and sleeping bags up the short but steep hill to this massive-timbered building ev ery winter since it was erected by club volunteers in 193 Volunteerism still plays a ke role at the lodge; guests are expected to perform tasks ranging from chopping vegetables to mopping hallways.

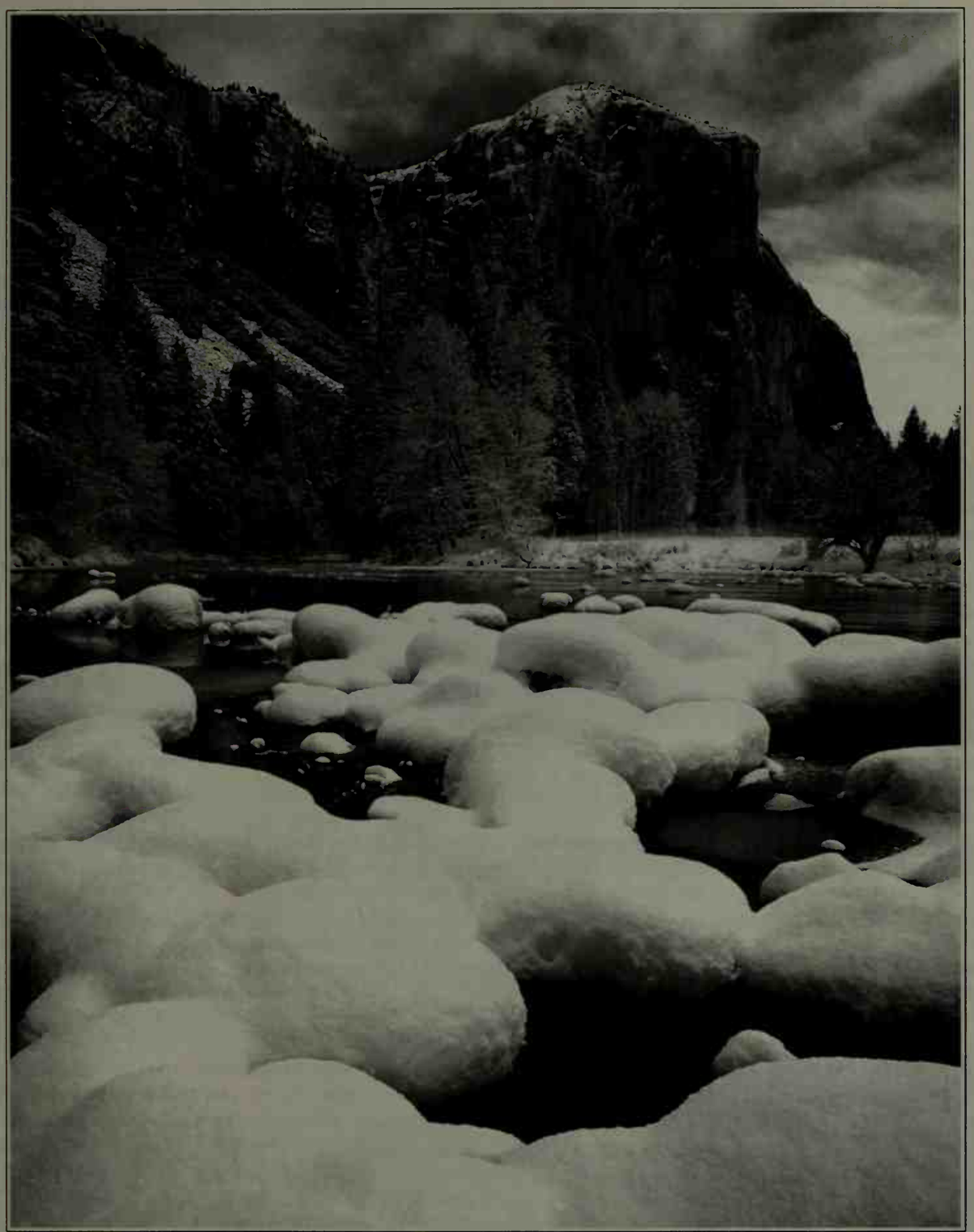
Life there isn't all hard work, however. For starters, there's skiing: 12 kilometers of groomed cross-country trails lead from the lodge through forest and open meadows between downhill ski areas Donner Ski Ranch and Boreal. The lodge offers lessons and rentals.

In the evening, guests socialize around a large stone fireplace in the lounge, or in a hot tub that opens to the el ements and views of trees an snow drifts. Or they retire with a book to the library, where talking is *verboten.*

Hearty breakfasts and dinners are served family-style; guests make up their own sack lunches for the trail. Bunks are divided among men's and women's dorms, two-person "cubicles," and family rooms sleeping 5 to 12 people. Nightly rates of $31 for Sierra Club members and $36 for nonmembers ($22.50 ages 12 and under) include three meals and use of trails.

Cal Lodge, Box 35; 426-3392. Next door to Clair Tappaan is the ski lodge of another venerable Bay Area–based institution, Associated Students of the University of California. Built just a few years later, it has similar rustic charm, though on a smaller scale (it sleeps 64, Clair Tappaan sleeps 140).

Most guests cook their own



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YOSEMITE
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meals in a large kitchen. (You can opt to pay extra for breakfasts or dinners cooked by the lodge staff.) Guests sleep in men's, women's, or co-ed dorms; a small family room with private bath is also available ($50 a night).

Weekends in January and February are often booked solid by Cal students, but space is usually available midweek, or weekends in November, December, and March. Rates are $15 a night for UC Berkeley students, $17 for other UC students, $18 for alumni and university staff, $20 for other guests.

Donner Spitz Hütte, Box 8; 426-9108. Bela and Mimi Vadasz converted a former highway maintenance station on the brink of Donner Pass into this "bunk & breakfast." It's also headquarters for Alpine Skills International, their mountaineering school and guide service.

Guests here tend to be telemarkers and backcountry skiers who eschew groomed trails. Mapped routes behind the lodge lead to the summits of Mount Judah and Mount Lincoln, or north to a string of lakes. ASI offers telemark lessons at nearby Donner Ski Ranch, and operates a shop that rents nordic equipment.

The lodge has a cozy living room with fireplace, and a dining area where guests congregate for family-style breakfasts and dinners. Bunks are grouped in rooms that sleep six to eight; some private rooms with double beds (one has a remarkable view of Donner Lake) are available. Bunk and breakfast go for $19 a night, private rooms with breakfast $60. Dinners cost $11 more per person.

MICHAEL SCANNELL

TIES OF TRADITION *linger on at Sugar Bowl dining room; semiformal dress code is still loosely enforced.*

CHORES *and chow are shared equally at Clair Tappaan Lodge. Here, guest chefs taste-test fruit salad before it's served at family-style breakfast.*

TWO OFF-ROAD LODGES

At these lodges at the summit's two largest resorts, you literally leave your car behind when you arrive; neither is accessible by plowed road. Both are a cut above the dorm lodges in amenities, as reflected by their prices.

Sugar Bowl Lodge, Box 5; 426-3651. Your name might languish for years on a waiting list to buy a chalet in the Tyrolean-style village at the base of the ski lifts, a longtime enclave of Bay Area blue bloods. Fortunately, it's much easier to book a spot at the 30-room lodge. It dates back to the area's opening in 1939 as the first chair lift–served resort in California.

Sugar Bowl is a place redolent of tradition, as suggested by the motto posted over the entrance to the lodge's dining room: "I love everything that's old: friends, time, books, and wine." One tradition still loosely enforced is a coat and tie requirement for male guests at dinner.

Another tradition at Sugar Bowl is Ski Week, a five-day program combining lessons, lift tickets, lodging, and meals (cost starts at $560). Dinners and evening clinics with instructors add to the enjoyment of a shared enterprise.

Lodge room rates range from $88 to $195 per night, depending on type of room and date. If you can afford the extra cost, it's worth asking for one of the recently renovated rooms facing the ski slopes. Discount packages that include breakfast and lift tickets are available for certain midweek dates.

Royal Gorge's Wilderness Lodge, Box 1100, Soda Springs, Calif. 95728; 426-3871. An out-of-the-way hunting lodge built in the 1920s is now the nucleus of an on-track refuge for guests enjoying the far-reaching trails of Royal Gorge Cross Country Ski Resort.

The lodge recently expanded to double its former size. Dormitory rooms were replaced by 32 private "roomettes" with bunk beds or double beds. Bathrooms are down the hall.

When guests arrive at the resort, they are transported by snowcat-pulled sleigh to the lodge, where they settle in with mulled wine and fondue. Breakfasts and lunches consist of bountiful buffets, while dinners are elaborate French provincial affairs. Aching muscles loosen in the heat from a large stone fireplace or the hot tub and sauna.

Stays at the lodge are offered only as packages that include all meals, lessons and clinics, and trail passes. Per-person costs range from $220 for a low-season weekend to $540 for Christmas week (five days). ■

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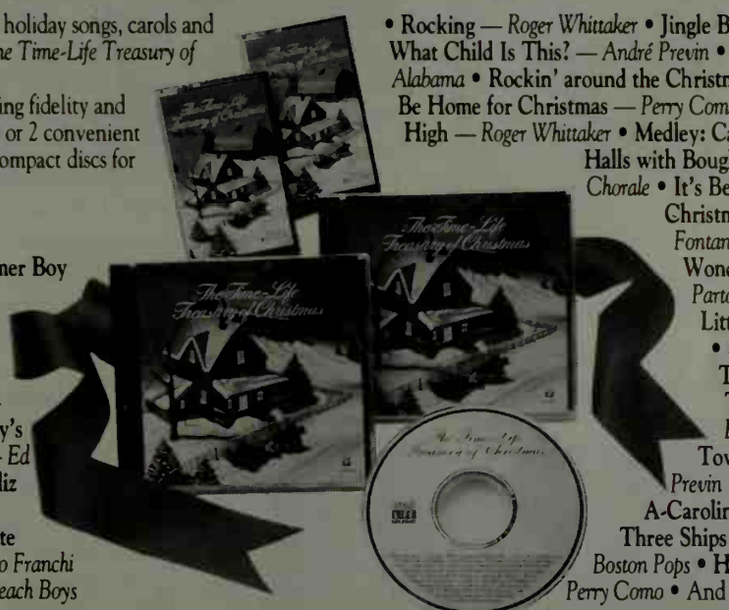

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TIME LIFE MUSIC

NORMAN A. PLATE

BOARD THE STAGE *at Four Mile Historic Park to see an 1800s farm decked out for the holidays. Five landmark museum-houses are decorated and open for festivities this month.*

Denver's historic houses ask you in

Pioneer cabins to grand mansions, bedecked for the holidays

HOW DID TURN-OF-THE century Denverites celebrate Yuletide? You can find out and even join in this month at events in five gaily bedecked historic houses. They range from a humble pioneer cabin to grand mansions on "Quality Hill"—now known as Capitol Hill—and all are registered city and national landmarks.

Four Mile Historic Park, 715 S. Forest Street. The 14-acre spread includes Denver's oldest house (an 1859 cabin) and three barns and corrals. During Holiday Open House, December 14 and 15, you can tour the interior, ride a stagecoach, and hear carolers and musicians. Youngsters can visit St. Nick, string popcorn, and listen to storytellers. Hours are 10 to 4; $3 for adults, and $1.50 for seniors and ages 6 to 15.

Governor's Mansion, 400 E. Eighth Avenue. The 1908 Georgian and neoclassical revival structure was home to renowned Denverites the Cheesmans (a dam is named for them) and the Boettchers (the symphony hall is named for them). On half-hour tours December 3 through 7, notice the colonnaded portico, Waterford chandeliers, and art plaster ceilings. Hours are 10 to 1 December 3 through 6, 10 to 3 December 7. Free.

Grant-Humphries Mansion, 770 Pennsylvania Street. This 1902 Beaux-Arts mansion crowns Capitol Hill. Friday, December 6, at Grant-Humphries, listen to choral groups, dip into the wassail bowl, and taste holiday treats ($10); on December 7, enjoy Santa, a puppet show, or make ornaments ($3, $2 ages 3 through 12). Friday hours are 5 to 8; for required reservations, call (303) 894-2506. Saturday's are 10 to 3. Tours run 10 to 2 Tuesdays through Fridays; $2, $1 ages 6 through 16.

Molly Brown House, 1340 Pennsylvania Street. The turreted 1889 Queen Anne faced with Colorado lava stone is famous for its "unsinkable" resident. Colorful details of *Titanic* survivor Brown's rags-to-riches life embellish the tour. Join candlelight tours from 5 to 7 December 11 and 18 ($3, $1 ages 6 to 17). Regular tour hours are 10 to 4 Tuesdays through Saturdays, noon to 4 Sundays ($3, $1). From noon to 4 on December 2, seniors may attend a holiday open house; free with donation of hats and gloves for the needy (a tradition Molly started).

Pearce-McAllister Cottage, 1880 Gaylord Street. The big draw at this 1899 colonial revival is the Denver Museum of Miniatures, Dolls, and Toys upstairs. Candlelight tours have chamber music and refreshments. Hours are 5:30 to 8 December 12, 13, 14, 20, and 21; $8, $5 seniors and ages 12 and under. For required reservations, call 322-1053. Regular tours run 10 to 4 Tuesdays through Saturdays, 1 to 4 Sundays; $2.50, $2 seniors, $1.50 ages 12 and under. ■

ON CANDLELIGHT TOURS *at Pearce-McAllister Cottage, visitors listen to chamber music in the parlor.*

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Giving a green Christmas

Put your money where your bumper sticker is

A GREEN CHRISTMAS can be even more satisfying than a white one when it means giving and receiving gifts that can help keep the planet healthy long after your Christmas tree has turned brown. We asked conservation groups and wildlife and park officials for their environmental gift suggestions. Here are some of the best.

ADOPT A REDWOOD . . . OR AN ELEPHANT

You donate in the name of your gift recipient, who receives a certificate (and sometimes a photograph or book) showing what he or she helped save. To ensure on-time arrival, send your donation by mid-December.

Whales started the trend. Put your money where your bumper sticker is by adopting an orca ($35) through The Whale Museum, (206) 378-4710; a gray ($50) through the Tarlton Foundation, (415) 433-3163; or a humpback ($25) through the Pacific Whale Foundation, (800) 942-5311. How about a dolphin ($35) through Oceanic Society, (415) 441-1106? Or a wolf ($20) through Wolf Haven International, (800) 448-9653?

Adopt a redwood tree ($200) or have one planted ($50) through Save-the-Redwoods League, (415) 362-2352. Adopt an acre of South American rain forest for $30 through The Nature Conservancy, (800) 628-6860; or for $25 through The Rainforest Action Network, (415) 398-4404. Or adopt an American ancient forest grove ($50) through the Audubon Society, (916) 481-5332 or (206) 786-8020.

Animals need supportive parents, too. Almost all zoos have adopt-an-animal programs, from spider ($1) to elephant ($1,500). Call a zoo near you.

GIVE JOHN MUIR (OR ANOTHER ENVIRONMENTAL CLASSIC)

New editions of books that sounded early calls for environmentalism make great gifts. A few of our favorites:

Two landmark essays from the mid-1800s join up (with woodcuts) in *Nature and Walking,* by Ralph Waldo Emerson and Henry David Thoreau (Beacon Press, Boston, 1991; $15 paper).

Canyon Voyage, by Fredrick S. Dellenbaugh (University of Arizona Press, Tucson, 1990; $11.95 paper), is a vibrant account of John Wesley Powell's second Grand Canyon expedition.

In the Heart of the Sierras, by James M. Hutchings (Great West Books, Lafayette, Calif., 1990; $44.95, $29.95 paper), was first published in 1886. This brightly written 592-page portrait of early Yosemite has 191 engravings and photographs. To order, call (510) 283-3184.

Sierra Club Books has just reissued six John Muir works including *The Mountains of California.* Each paperback costs about $10; look in book stores, or call (415) 923-5500.

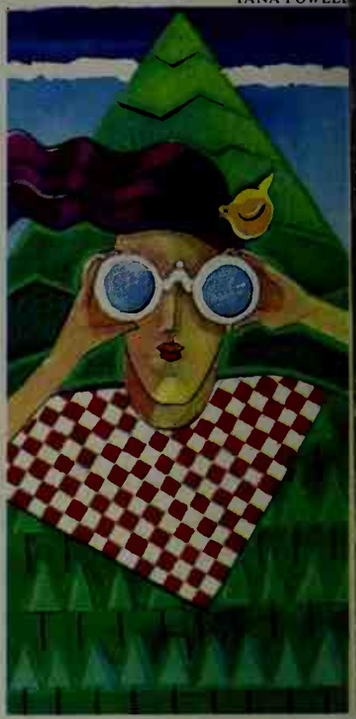
The Land of Little Rain, Mary Austin's first and best book (Penguin Books, New York, 1989; $15.95 paper), is an evocative chronicle of Southern California's high desert (written in 1903).

A NATURE OUTING SCOUTED AND PLANNED BY YOU

This gift idea came from Audubon Society members. You pick a nearby park trail, scout it for best views and picnic spots, then bone up on the significant plants, trees, and wildlife by talking to a ranger or checking a field guide. On the gift day, you become the naturalist-guide, responsible for planning and leading the group, and perhaps bringing picnic supplies and binoculars. "It's the best gift—free, nonconsuming, requiring only your time and a bit of planning," says Audubon spokesman Dan Taylor.

On Christmas Day, your own card under the tree can offer the outing in certificate form, redeemable on any convenient day. ■

TANA POWELL



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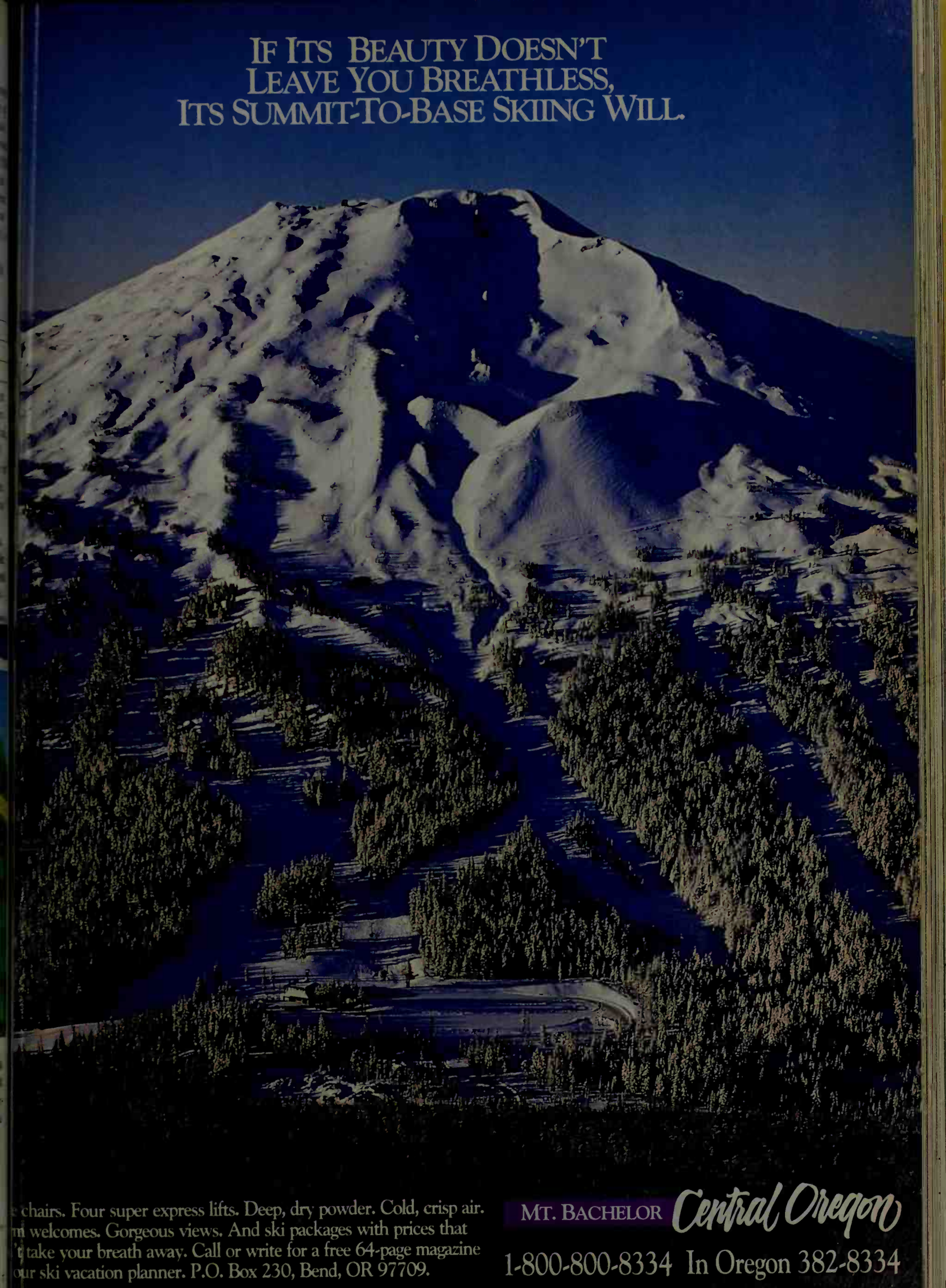

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Sunset's

GARDEN GUIDE

Red berries for the holidays

Old-fashioned climbing rose

Control for mistletoe

Freeze survivors and victims

Award-winning new verbena

Books for hands-on gardeners

WILLIAM APLIN

LIKE ORNAMENTS *on a Christmas tree, bright red toyon berries hang from branches, appearing just in time for the holidays.*

December in your garden

DURING THE HOLIDAY WHIRLWIND, GARDENING IS OFTEN relegated to the back burner. Fortunately, chores are less demanding now, and finding time to do them between festive rounds can sustain your garden until you can pick up your tools again.

While you're thinking about gift-giving, don't forget that nurseries and garden centers are full of wonderful ideas. Some choices might include blooming indoor plants, seeds of gourmet vegetables, handsome decorative containers, or a sturdy shovel or digging fork.

Central West

GARDEN GUIDE

Red berries for the holidays

One of the most attractive combinations of red berries and green foliage is a California native that shows off best this time of year. Toyon or Christmas berry (*Heteromeles arbutifolia*), shown on page 43, grows as a dense, evergreen shrub 6 to 10 feet tall or a multitrunked small tree 15 to 25 feet tall; with pruning, it can be trained to a single trunk. Glossy, leathery leaves are 2 to 4 inches long with toothed edges.

In June and July, flattish clusters of small white flowers appear. Berries form in fall and hang on through late winter if birds don't eat them (they're a favorite of robins and cedar waxwings).

Although toyon is drought tolerant, it thrives with extra summer water if soil is well drained (but too much water causes rank growth). Plant in sun or part shade. For best berry production, clip branch tips lightly after berries finish, but before buds form.

Old-fashioned rose for color and fragrance

A climbing version of a hybrid perpetual developed in 1875 by Ulysses S. Grant's gardener, 'Climbing American Beauty' is a showpiece in spring. Look for bare-root plants this month or next.

The large plant grows 12 to 14 feet tall and blooms profusely in spring and intermittently through the season. A second flush, not quite as large as the first, occurs in September or October.

The one above, climbing on a fence in Santa Rosa, California, is five years old. A heavy mulch keeps roots cool and conserves moisture, so even in summer it needs only weekly watering; a drip system runs overnight to soak it deeply. During flowering, the plant is fertilized once a month with 15-15-15. Prune canes back by a third in winter to keep in bounds.

Plants are available from Roses of Yesterday and Today, 802 Brown's Valley Rd., Watsonville, Calif. 95076; (408) 724-2755; catalog $5.

K. BRYAN SWEZEY

PRIZED *for its profuse production of large, deep rose pink, fragrant flowers, 'Climbing American Beauty' rose makes a dramatic show when trained on a fence, pillar, or wall.*

New controls for mistletoe

A parasitic shrub, mistletoe lives on many trees commonly grown in the West, including alder, ash, honey locust, oak, and walnut. It saps water and nutrients from the tree and can kill branches; trees also stressed by drought and insects may eventually die.

Recently, the Department of Environmental Horticulture at UC Davis tested three new controls—black tree paint, a growth regulator (ethephon), and the systemic herbicide glyphosate—and compared them to current recommended controls.

Current controls include pruning off tree branches at least 12 inches below the infected site and pruning off the mistletoe flush with the branch, then wrapping the infected area with black plastic, tar paper, or aluminum foil to exclude light.

The researchers found these methods effective but time-consuming and expensive when used on a large scale. Pruning can also be very destructive to the tree.

In the test, compared to just pruning off the mistletoe (20 to 100 percent regrowth, depending on tree and mistletoe species) and wrapping with black plastic (no regrowth, but potentially damaging insects accumulated under the plastic; wrapping is also unattractive), spraying black tree paint on mistletoe after pruning to 2-inch stubs gave no regrowth and no tree damage.

The growth regulator also gave good control but is not registered for use at a high enough concentration to be effective on mistletoe. Glyphosate resulted in 0 to 100 percent regrowth and caused deformed tree leaves.

The conclusion: although research is continuing, black tree paint appears promising. It's nontoxic, easy to use, gives good results, and does not damage the tree.

Freeze analysis of plants in Sacramento

After last winter's freeze (16°), landscape architect Doug Strayer analyzed plant survivors and victims in Northridge Xeriscape Demonstration Garden (5331 Walnut Avenue, Sacramento), which he designed in 1985. His conclusions:

Survivors. These plants performed beyond expectations, enduring two freezes, drought, heat, insects, and disease: crape myrtle, Eastern and Western redbud, golden-rain tree, 'Howard McMinn' manzanita, Oregon grape, silk tree, strawberry tree, and species of cotoneaster, juniper, nandina, and rockrose.

Freeze victims. *Acacia longifolia*, *Aptenia cordifolia*, asparagus fern, Australian willow, purple hop bush, and 'Petite Salmon' oleander (standard oleanders survived).

Damaged, but came back. African sumac, agapanthus, Australian bluebell creeper, Cape honeysuckle, and Cape plumbago.

New verbena receives two awards for 1992

Capturing a 1992 flower award from All-America Selections and a gold medal from Fleuroselect (the European testing organization), 'Peaches & Cream' verbena is a winner in the garden, too.

(Continued on page 48)

o by Karen Maassen, mother, Goleta, California.

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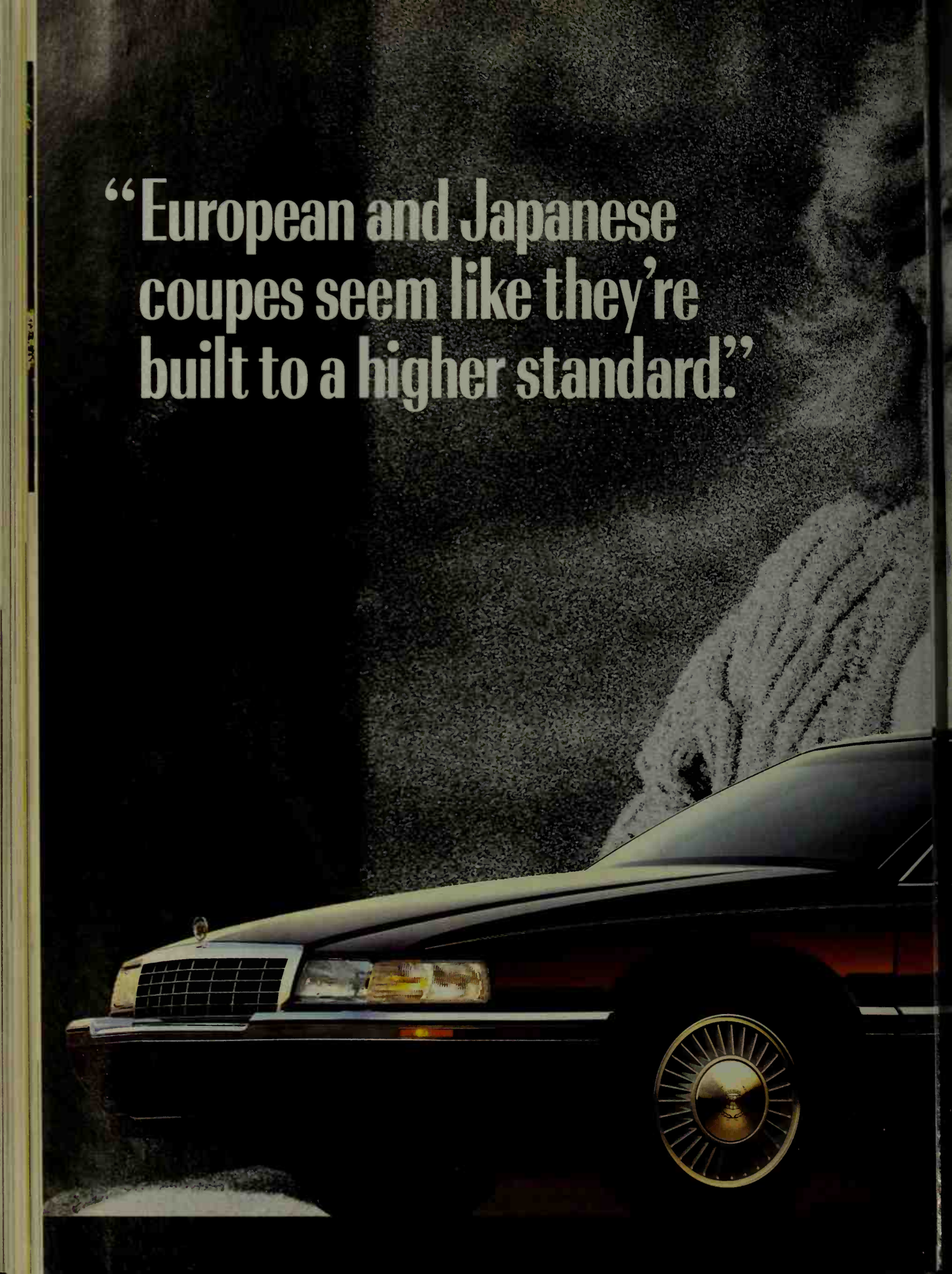
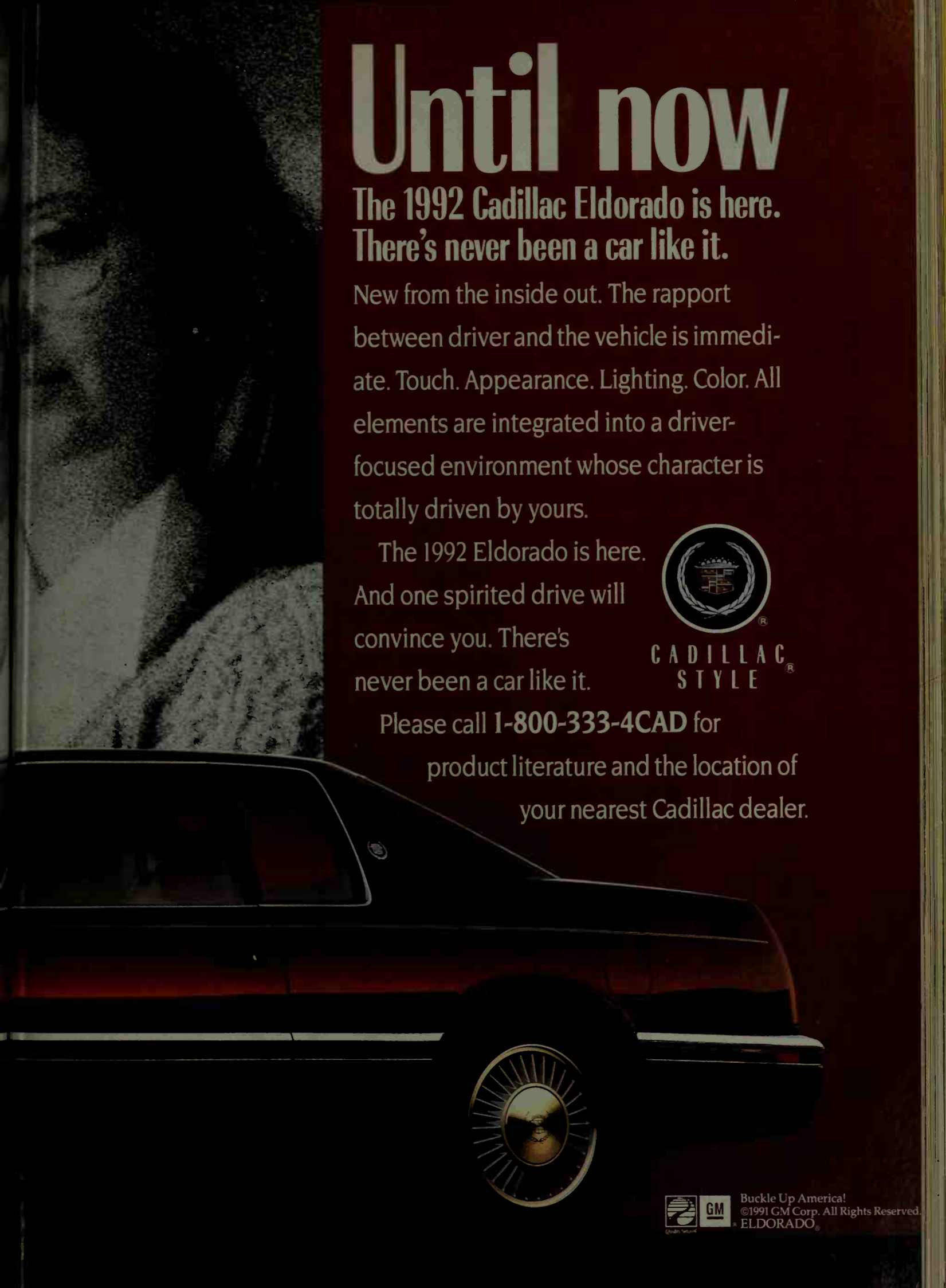

"European and Japanese
coupes seem like they're
built to a higher standard."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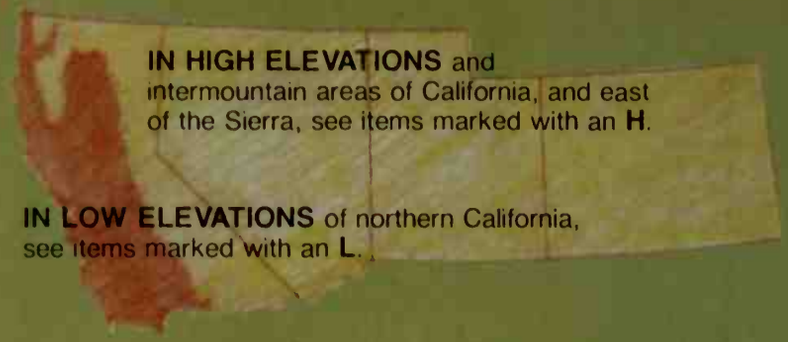
Central West GARDEN GUIDE



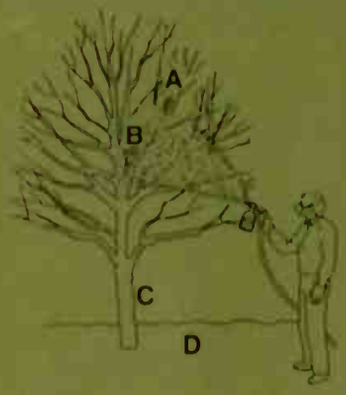
IN HIGH ELEVATIONS and intermountain areas of California, and east of the Sierra, see items marked with an **H**.

IN LOW ELEVATIONS of northern California, see items marked with an **L**.

December Check List

HERE IS WHAT NEEDS DOING

☐ **APPLY DORMANT SPRAY.** As soon as leaves fall, begin to spray deciduous flowering and fruit trees and roses with dormant oil to smother overwintering insect eggs and pests such as scale, mites, and aphids. For complete coverage, spray branches (A), crotches (B), trunk (C), and ground beneath the drip line (D). **L**



☐ **KEEP CHRISTMAS TREES FRESH.** The best way to prolong freshness of a cut tree is to trim an inch or so off the bottom of the trunk, place the tree in a stand that holds water, and keep the reservoir full (check daily the first week). Also keep the tree away from heaters and use cool-burning tree lights. **L, H**

☐ **PLANT BERRIES AND VEGETABLES.** Late this month, bare-root artichokes, asparagus, berries, and grapes appear. Buy and plant early while roots are fresh. If soil is too wet to plant, temporarily cover roots with moistened mulch (roots must stay moist) or plant in containers. **L**

☐ **PRUNE FOR HOLIDAY GREENS.** Long-lasting choices include juniper, evergreen magnolia, redwood, and pine. Less desirable are deodar cedar, spruce, and Western hemlock, which drop needles sooner. **L, H**

☐ **SHOP FOR FLOWERS.** For alternatives to poinsettias, most nurseries have a good supply of 4-inch pots of color. Choose azaleas, cyclamen, English primrose, pansies, *Primula obconica*, snapdragons, Christmas cactus, and kalanchoe (protect the last two from frost). **L**

☐ **SPRAY FOR PEACH DISEASES.** To control peach blight and peach leaf curl, spray with fixed copper (in wettable powder form) or lime sulfur if you didn't do so last month; repeat in January or early February.

Always wear goggles, rubber gloves, and clothing that can be washed separately. Follow label directions and precautions. **L**

Its unique multitone color distinguishes it from all other verbenas, both annual and perennial. And it's a profuse bloomer that thrives in warmth and sun with little care. Plants don't require pinching and pruning for constant flower color.

Since 'Peaches & Cream' grows only 8 inches high and 12 to 14 inches across, plant it toward the front of the border. It's effective combined with blue or purple flowers.

Seeds are available from W. Atlee Burpee & Co., 300 Park Ave., Warminster, Pa. 18974, and Park Seed Co., Cokesbury Rd., Greenwood, S.C. 29647. Free catalogs.

Gift books for do-it-yourself gardeners

For an avid gardener who's interested in everything from creating healthy soil to saving seeds for next year's garden, one or all of these recently published or updated books may be a perfect gift.

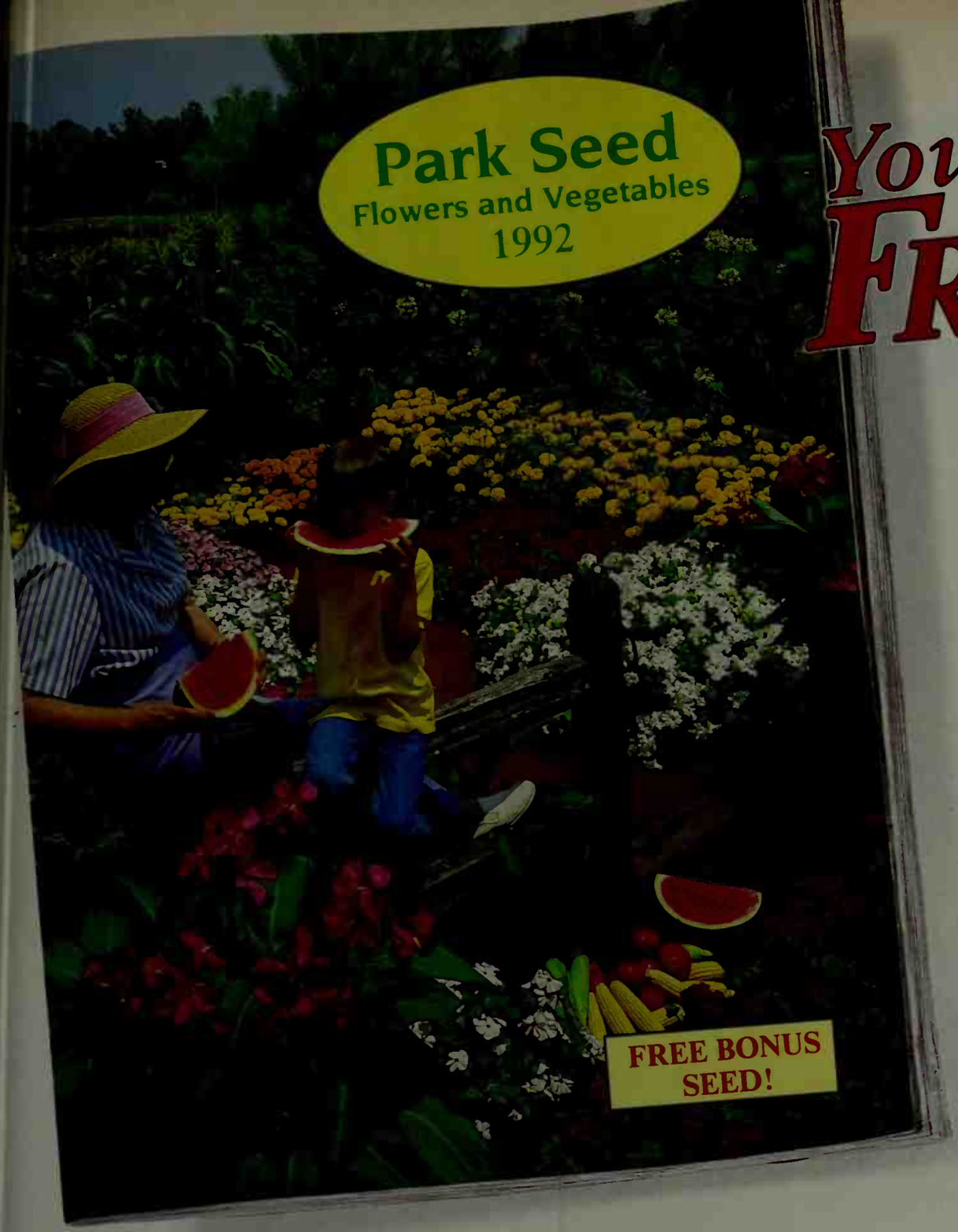
If you can't find them at a bookstore, order directly from the publishers.

Let It Rot: The Gardener's Guide to Composting (updated and revised edition) and *The Mulch Book: A Complete Guide for Gardeners*, both by Stu Campbell (Storey Communications, Inc., Schoolhouse Rd., Pownal, Vt. 05261; 800/827-8673; 1990; $8.95 each plus shipping).

The New Seed-Starters Handbook, by Nancy Bubel (Rodale Press, 33 E. Minor St., Emmaus, Pa. 18098; 1988; $14.95 postpaid).

Seed to Seed: Seed Saving Techniques for the Vegetable Gardener, by Suzanne Ashworth (Seed Saver Publications, Rural Route 3, Box 239, Decorah, Iowa 52101; 1991; $20 postpaid). ■

UNUSUAL FLOWERS *that fade from salmon to pale yellow give 'Peaches & Cream' verbena its award-winning quality.*



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Holiday cactus

CHRISTMAS CACTUS ARE EASY TO GROW. THE NEW COLOR RANGE IS ASTONISHING

During the holiday season, Christmas cactus hold their blossoms like colorful birds perching on the tips of dark green branches. Years of breeding have produced an array of jewel-tone colors in shades of lavender, pink, orange, red, white, and—just recently—yellow. Most existing reds tend toward pink or orange, but this year two new varieties ('Sleighbell' and 'Pasadena') are true apple red. Other recent developments from a Florida grower are plants with thicker leaves, more upright branches with larger buds,

BRILLIANT SHOW *Vigorous old-fashioned pink cactus cascades to the floor from a wooden stand in Wanda Morken's Issaquah, Washington, home. Plant is 12 years old.*

DOUG WILSON

GLENN CHRISTIANSEN

'KRIS KRINGLE II' *has narrow petals that fade to white.*

'CAMBRIDGE' *has wide, overlapping petals.*

'SANIBEL' *has a long throat with pink ruffling.*

DARROW M. WATT

'LAVENDER DOLL II' *has an open form with large petals.*

DON NORMARK

FESTIVE DISPLAY *of 'White Christmas' blossoms comes from clustering four 4-inch plants in one pot.*

and wider petals that give the flowers a fuller look (see 'Cambridge' and 'Sanibel' on page 51).

COLLECT HOLIDAY CACTUS FOR EXTENDED BLOOM

Once known as *Zygocactus*, all Thanksgiving and Christmas cactus are now classified as *Schlumbergera*. (Most are sold as Christmas Cactus.) Because of hybridizing, the original parentage is unclear, and bloom can be anywhere between October and late winter.

Bloom continues for several weeks. If you choose different varieties, you can extend it over a few months.

PLANTS THRIVE FOR YEARS WITHOUT FUSS

Christmas cactus are easy to grow and can live for 80 years or more—although 25 years is more typical (eventually plants may succumb to a bacterial infection that lies dormant until triggered by a sudden shock like a change in growing conditions).

When you bring blooming cactus home, set in a cool, bright spot out of direct sun. Tropical cactus shouldn't dry out completely; water when top ½ to 1 inch of soil is dry.

If bud drop occurs on recently purchased plants, it's usually caused by poor growing conditions at the store, combined with the shock of moving. Buy only plants that appear to be well cared for (adequately watered and displayed in bright light, not in sleeves or displayed in artificial light for a long time).

When flowering is over, set the cactus outdoors if you live in a frost-free climate, in a protected area if light frosts are possible. Provide filtered sun. Too much sun burns leaves; low light causes weak growth. Watch out for snails.

Otherwise, keep them indoors until weather warms. Cactus can stay indoors all year, but getting them to rebloom may be more difficult.

Prune plants after flowering or in midsummer to strengthen the base, develop good branching, and prevent legginess. Remove one or two leaf segments by holding leaves between joints and twisting. Save them for new plants (patented plants can't be propagated). For a cascading plant, don't prune.

Starting in spring, feed monthly with a complete liquid fertilizer.

TO ENSURE REBLOOM

To slow growth and encourage flowering, cut back on watering in late September or early October. Water only enough to avoid severe wilt until a few pinpoint-size buds appear (in two to four weeks), then water normally.

Flower bud initiation is determined by low nighttime temperatures (55° to 60°) and 12-hour or shorter days. Whether plants are grown indoors or out, make sure they get no artificial light starting in late September or October; even a porch light or quick flick of a light switch can prevent flowering. After buds form, light won't affect them.

Indoors, set plants in a cool room that's dark after 6 P.M. (or cover at night with an opaque container).

PROPAGATING PLANTS

If flowers are pollinated, many types of Christmas cactus will form large (½-inch), decorative pink seed pods. (However, some have been bred to be sterile.)

With a small brush, transfer pollen from the anthers of one flower to the pistil (at center) of another. When flowers fade, remove petals (not the pod) carefully. Pods color up in several months.

To harvest seed out of mature (bright pink) pods, snip the narrow end, squeeze pulp into a little sand in your palm, and rub around to separate seeds (seeds should be chocolate brown to black). Sprinkle onto moist soil mix (1 part perlite to 3 parts peat) in small pots. Keep shaded and moist. Seeds germinate in about a week.

To plant prunings, dip in rooting hormone, then insert deep enough into barely moist soil mix to be stable. Rooting takes about two weeks.

WHERE TO GET PLANTS

If you can't find newer colors at your local nursery or florist, order from Rainbow Gardens Nursery, 1444 E. Taylor St., Vista, Calif. 92084; (619) 758-4290. Color catalog costs $2. ■

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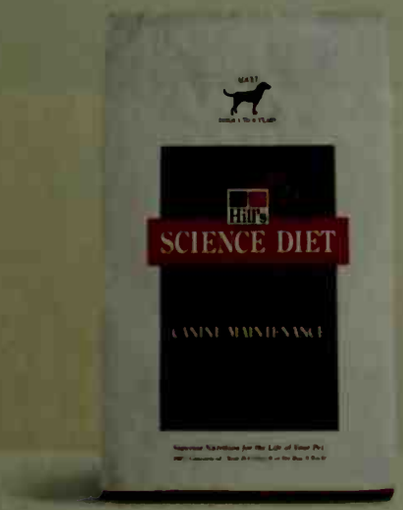

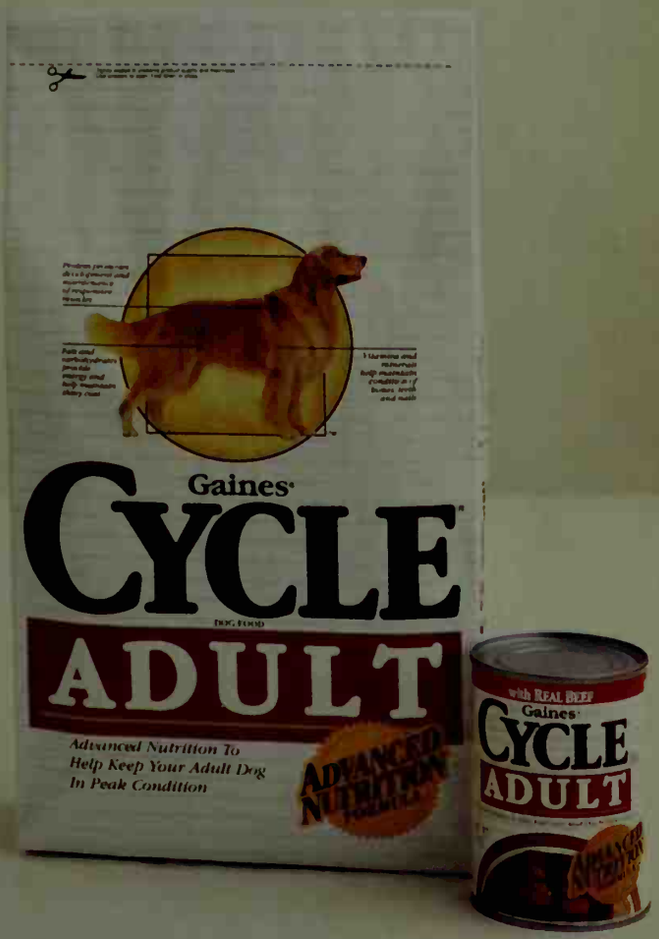

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It's real. This Christmas tree is a camellia

LOW-BRANCHING *plant (far left) is better suited for tree shape; choose one that branches evenly on all sides.*

MARTHA WOODWA

ANGLED CUT *above bud shapes tree.*

CHAD SLATTERY

ONE SEASON *of pruning turned gangling 'Yuletide' camellia into elegant Christmas tree.*

'YULETIDE' CAMELLIAS make radiant—and flowering—Christmas trees. This variety of *C. sasanqua* naturally blooms in autumn and early winter; 3-inch flowers with vibrant red petals and bright yellow stamens decorate the tree for two months or longer each year.

Ann Richardson, curator of the camellia garden at the Huntington Botanical Gardens in San Marino, California, shaped the tree at left. Here she shares her techniques for success with a 'Yuletide' tree.

SELECTING AND SHAPING THE TREE

You'll find 'Yuletide' in nurseries this month. Commonly sold in 1- and 5-gallon containers, trees range in price from about $7 to $22.

Choose a plant that branches low, near the base (left plant in top photo). It should be fuller at the bottom than at the top and branch evenly on all sides.

Begin to shape the tree after it finishes flowering. Cut each branch at an angle just above a bud. Use the photograph at left as a guide for shaping. Periodically, step away from the plant to observe the branch pattern and the shape it's taking. Slightly irregular branching and pruning give the tree a natural, feathered look.

After it's pruned, the plant will put out a new flush of leaves. Trim again, before the plant sets flower buds. Do not prune after mid-July.

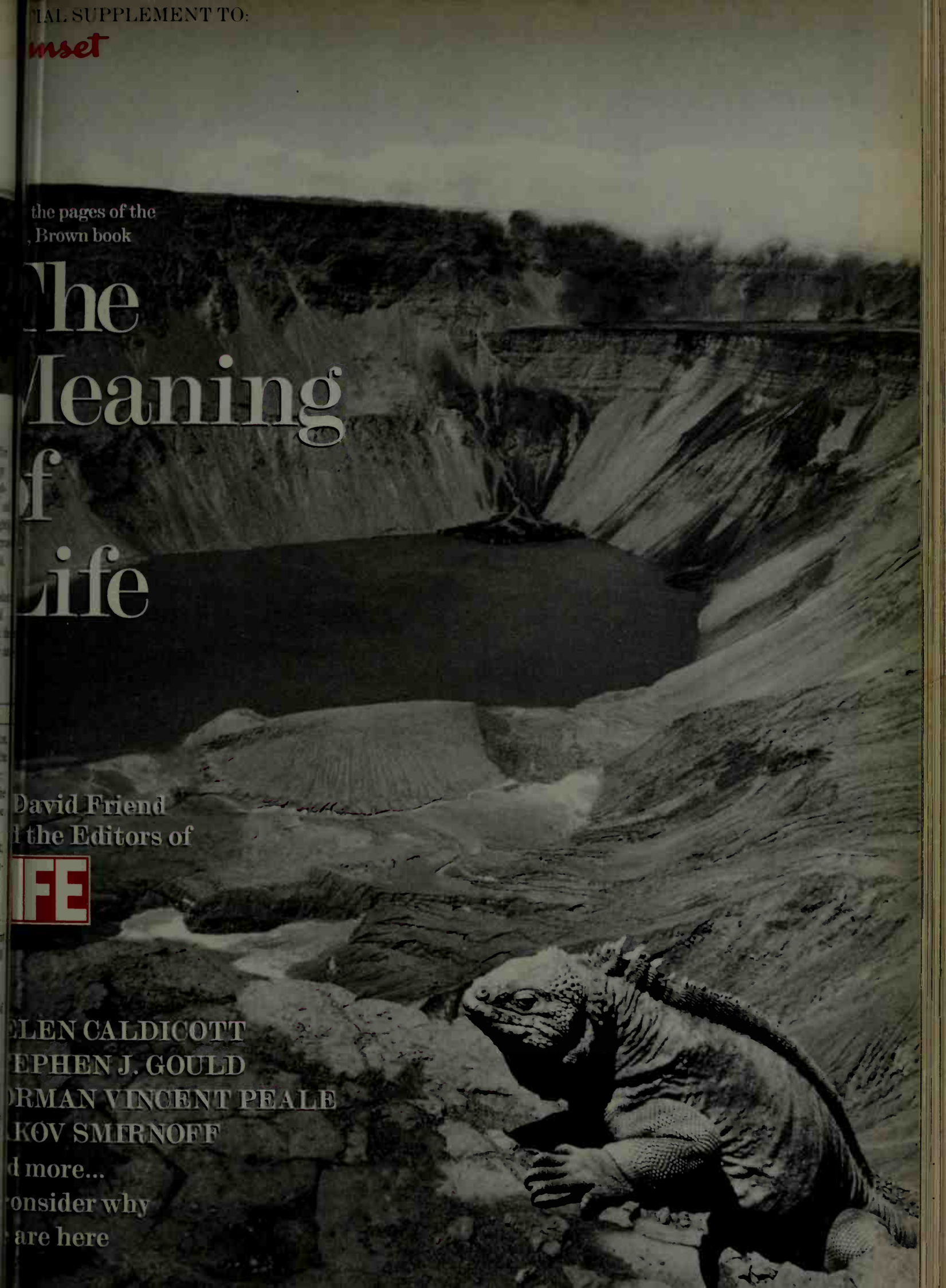
CAMELLIA CARE

During the holiday season, when it's flowering, move the tree indoors near a window; keep it well watered. For the remainder of the year, place it outdoors in light shade. Keep soil moist but not wet; flush water through the container with each irrigation.

After flowering, fertilize the tree with a diluted solution of commercial acid plant food; too much fertilizer will burn leaves.

Once a year (after the plant blooms), check to see if it's rootbound. Tap the container to loosen the plant, then carefully slide it out. If roots have grown to the edge of the container, or if they encircle it, transplant the tree into a larger pot. Or, root-prune in February or March and replant with fresh soil in the same container. With either method, use a fast-draining acid soil mix. ■

TIAL SUPPLEMENT TO:
inset



the pages of the
, Brown book

The Meaning of Life

David Friend
d the Editors of
IFE

LEN CALDICOTT
EPHEN J. GOULD
RMAN VINCENT PEALE
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d more...
onsider why
are here

The Meaning of Life is the product of 300 thoughtful people. Poets and scientists, artists and statesmen, philosophers and photographers, with one thing in common.

They were asked by the editors of LIFE to answer one question, perhaps the most profound one in the universe. What is the meaning of life?

Those words and pictures, sampled here, are from a book that was years in the making. Replies were penned, phoned and faxed. None was to be longer than 250 words. And the photographs submitted were world-class proof that a picture can be worth a thousand words.

Although the question is so universal, the responses were deeply personal: From Jesse Jackson to Jackie Mason, from Alfred Eisenstaedt to Desmond Tutu, from Marlee Matlin to Muhammad Ali, the Dalai Lama to Linus Pauling, Rosa Parks to Richard Nixon.

Mazda is proud to present *The Meaning of Life.*

In the coming months, we will continue to sponsor programs on this theme, including a traveling exhibition of photos and essays as well as a television special.

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LAND IGUANA AND VOLCANIC CALDERA, GALÁPAGOS ISLANDS

From the pages of the Little, Brown book
The Meaning of Life
by David Friend and the editors of LIFE

Richard Misrach
SWIMMING POOL

From the pages of the Little, Brown book
The Meaning of Life
by David Frien and the editors of LIFE

I am not arrogant enough to assume
t I know what the meaning of life is.
hen I contemplate the fact that the
iverse goes on forever, it is impossible
r me to understand. If I think about the
dlessness of time, if I think that when
e everything dies with me since
erything is only here because I perceive
through my senses; if I spend too long
ntemplating what the infinity of the
iverse means—I could literally go mad.
I block those thoughts out.

We kid ourselves. We kid ourselves
make sense out of things. We have
boil the cosmos down to our own very
inute frame of reference or sphere of
ion. Then we set ourselves up as
od because in our scientific quests we
art to understand a few of the
echanisms of the life process.

It's still egocentric, but to condense it
wn to a tiny microcosm: We're here to
ologically reproduce, like cats and dogs
d bacteria reproduce. Looked at in
is way, the meaning of life, for me, has
en to give birth to and to love my
ildren. Now, of course, my babies have
rown. So for me, today, the meaning of
fe is nature. For me, the meaning of
fe is the wallabies and kangaroos
pping around my house, the spectacular
rrots. For me, the meaning of life is the
nder of evolution that produces the
st extraordinary mix of species of which
here are millions on earth and which we
re now rapidly destroying. This rather
range species called man is an
volutionary aberrant intent on
estroying nature and, therefore, the
eaning of life.

Ah, the smell of flowers. I've just put
lowers in a vase. The meaning of life is
e flowers in the vase.

Helen Caldicott,

Australian pediatrician and antinuclear
pponent, is founding president of
Physicians for Social Responsibility

Almost every day of my life I see people in the process of going from the diagnosis of a dread disease to a terminal stage in that disease. Having encountered so many people facing the end of life, having witnessed them and their loved ones as they've asked, in an urgent and profound way, "What has *my* life meant?" I feel I have some partial answer to the reason we all exist. I am led to believe that if there is a real purpose for any of us, it is to somehow enhance each other's humanity—to love, to touch others' lives, to put others in touch with basic human emotions, to know that you have made even one life breathe easier because you have lived. By and large, the meaning of a person's life gets distilled to: How well have I loved? A person can then find hope in believing: Somebody loved me and I loved him or her and those memories that my loved one carries forward will shimmer on inside my children and grandchildren and beyond. When I talk to elderly people who are dying, if they have any regrets, they don't worry about their lack of material gain or about having had too little success in life. They worry about the kind of things they didn't do and should have done with the people that they loved.

I remember an unmarried teacher who was dying. She realized her life had been rich because, as she told me, "I know I've touched other people's lives and their lives are better for having known me." And there was a merchant seaman dying of gastric cancer that had been diagnosed at a late stage. He regretted that he had never married. But as we talked, he revealed that he had had many friends. He had traveled a lot. In sorting through the riffraff, he was able to find meaning in his life by virtue of the fact that he felt he had instilled a sense of passion for the experience of life within the souls of the people that he had known.

People sometimes ask me how I get through it all. I cry a lot. I love the people, I grieve their loss and I go on to the next one.

Leah de Roulet,

social worker, counsels terminal cancer
patients and their families

We are here as a result of random occurrences. But what we accomplish since we are here may give some sense of meaning to our existence. Although the notion of "here" can be simply defined as the brief physical time that we exist as individuals, we have the ability to make that "here" extend beyond this physical existence. Man is part of a "collective consciousness." We are connected to one another through time by our creations, works, images, thoughts and writings. We communicate to future generations what we are, what we have been, hopefully influencing for the better what we will become. Our lives are given meaning by our actions—accomplishments made while we are "here" that extend beyond our own time.

Maya Lin,

architect and artist, designed the Vietnam
Veterans Memorial Wall in Washington, D.C.

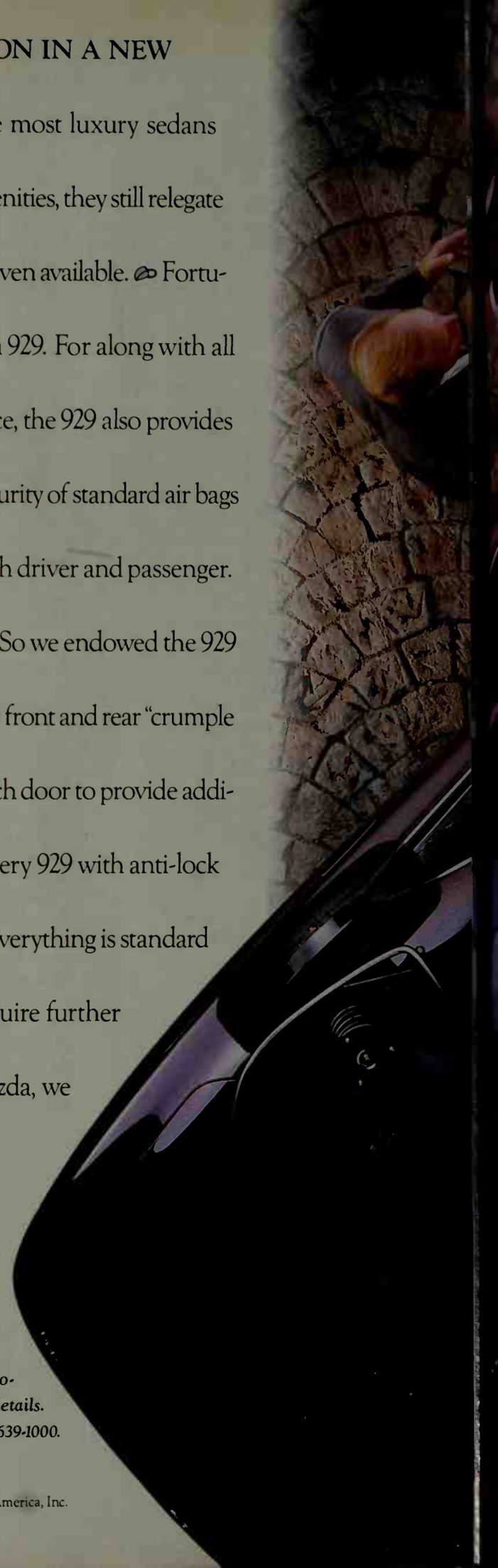
My mother told me a story when I was a child. When Leo Tolstoy was an old man he was planting little apple trees. His neighbor laughed at him and called him a silly old man, because when the apples finally grew he wouldn't be around to eat them. Tolstoy told him, "Yes, but other people will eat them and they will think of me." I think that's what we're supposed to do: Leave more than we've found, give more than we've received, love more than we've been loved. And while we're here, we should always rewind the videotapes before returning them to the rental store.

Yakov Smirnoff,

comedian, is a Soviet émigré to the U.S.

WHY SHOULD SAFETY BE AN OPTION IN A NEW LUXURY SEDAN? It is ironic that while most luxury sedans offer a seemingly endless array of standard amenities, they still relegate safety features like dual air bags to the options list. If they're even available. Fortunately, there is an exception to this rule. The new Mazda 929. For along with all the prerequisites of uncommon comfort and performance, the 929 also provides

the security of standard air bags for both driver and passenger. And our concern with safety went far beyond air bags. So we endowed the 929 with a computer-designed body that has energy-absorbing front and rear "crumple zones." We positioned a special reinforcement beam in each door to provide additional protection from side impacts. And we provided every 929 with anti-lock brakes, also standard. Of course, this is not to say that everything is standard on the new 929 luxury sedan. In fact, for those who require further enhancements, there is a brief list of options. But at Mazda, we simply didn't believe that safety should be on it.



THE MAZDA 929

The only car in its class with dual air bags standard. ABS. 3.0L, 24-valve V6 engine. Multi-link suspension. Available leather-trimmed upholstery.* First car with available solar-powered ventilation system. 36-month/50,000-mile limited warranty. No-deductible, "bumper-to-bumper" protection. See your dealer for details. For a free brochure on the new 929 or any new Mazda, call 1-800-639-1000.

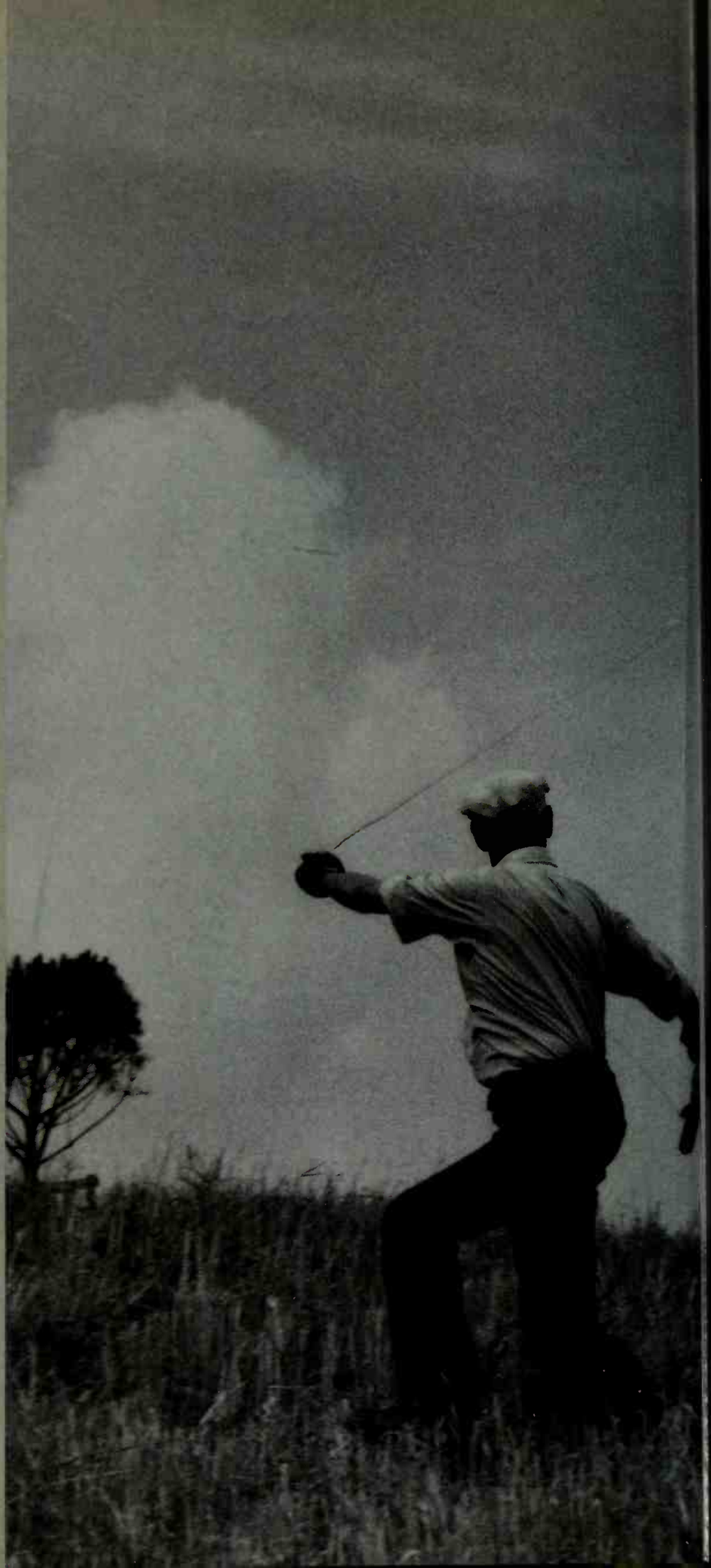
*Seats upholstered in leather except for back side of front seats, bottom cushion side panels and other minor areas. © 1991 Mazda Motor of America, Inc.

mazda

IT JUST FEELS RIGHT.

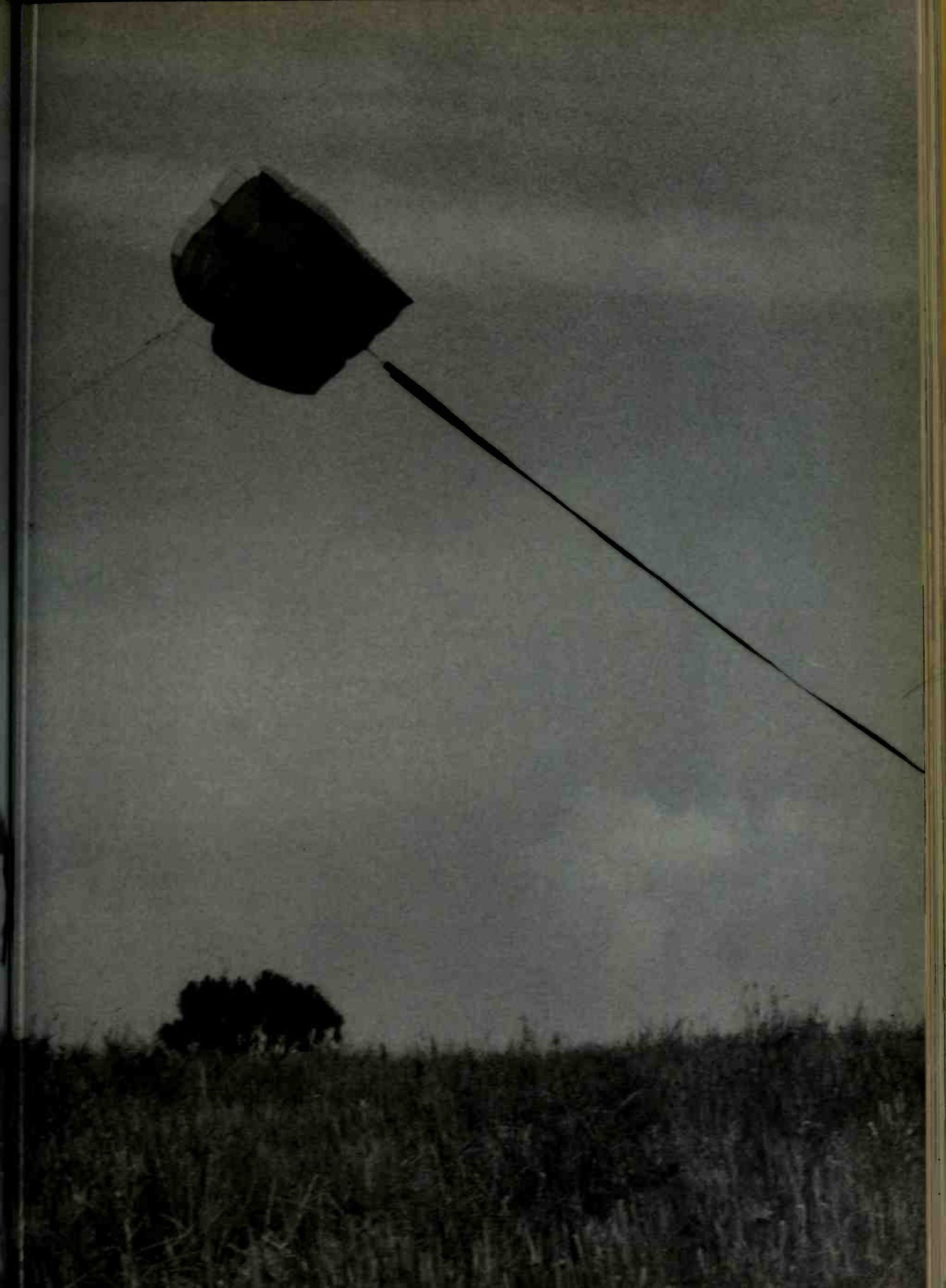
We are here to be excited from youth to old age, to have an insatiable curiosity about the world. Aldous Huxley once said that to carry the spirit of the child into old age is the secret of genius. And I buy that. We are also here to genuinely, humbly and sincerely help others by practicing a friendly attitude. And every person is born for a purpose. Everyone has a God-given potential, in essence, built into them. And if we are to live life to its fullest, we must realize that potential.

Norman Vincent Peale,
Protestant pastor, wrote
The Power of Positive Thinking.



John Loengard
PHOTOGRAPHER HENRI CARTIER-BRESSON FLIES KITE IN THE SOUTH OF FRANCE

From the pages of the Little, Brown book **The Meaning of Life** by David Friend and the editors of LIFE



Jodi Cobb
LAKE OF THUN, SWITZERLAND
© National Geographic Society

The human species has inhabited this planet for only 250,000 years or so—roughly .0015 percent of the history of life, the last inch of the cosmic mile. The world fared perfectly well without us for all but the last moment of earthly time—and this fact makes our appearance look more like an accidental afterthought than the culmination of a prefigured plan.

Moreover, and more important, the pathways that have led to our evolution are quirky, improbable, unrepeatable and utterly unpredictable. Human evolution is not random; it makes sense and can be explained after the fact. But wind back life's tape to the dawn of time and let it play again—and you will never get humans a second time.

We are here because one odd group of fishes had a peculiar fin anatomy that could transform into legs for terrestrial creatures; because comets struck the earth and wiped out dinosaurs, thereby giving mammals a chance not otherwise available (so thank your lucky stars in a literal sense); because the earth never froze entirely during an ice age; because a small and tenuous species, arising in Africa a quarter of a million years ago, has managed, so far, to survi by hook and by crook. We may yearn for "higher" answer—but none exists. This explanation, though superficially troubling, if not terrifying, is ultimately liberating and exhilarating. We cannot read the meaning of life passively in the facts of nature. We must construct these answers ourselves—from our own wisdom and ethical sense. There is no other way.

Stephen Jay Gould
is a paleontologist, essayist and humanist.

From the pages of the Little, Brown book **The Meaning of Life** by David Frie and the editor of LIFE

Miniatures for the holidays

Use them for a centerpiece or as hanging topiary

DARROW M. WATT

WICK-DRAWN WATER *nourishes tiny potted plants—yellow and white chrysanthemums, pink kalanchoe, poinsettia, and rose. Reservoirs are sold with most miniatures.*

TINY FORMS OF favored garden plants—including azaleas, roses, chrysanthemums, kalanchoes, and poinsettias—add bright accents to holiday decorations.

Most are sold with self-watering wick systems at nurseries or florists. You'll also find miniature poinsettias in cell-packs, sometimes called arrangement packs.

Self-watering plants in ¾- to 1½-inch pots cost about $6; cell-packs are $6 to $12. Properly maintained, they'll bloom for two to four months.

Give plants bright light. Partially fill reservoir with water and a diluted solution of house plant fertilizer; keep water level below pot bottom.

Most of these plants will eventually outgrow their diminutive size (the roses, for example, grow to 12 to 16 inches tall). When bloom is over, repot them in larger pots, and in mild climates experiment with them outdoors. Chrysanthemums and kalanchoes can be transplanted directly in the garden. ■

DECORATING WITH MINIATURES

To make the poinsettia tabletop wreath (far right), set a mound of moistened and compacted sphagnum moss on a plastic tray; tuck wick-watered plants and poinsettia cells (cut apart with scissors first) into the moss. The moss hides reservoirs and containers. Candles sit on the table next to the tray of plants, encircled by loose greenery.

For the hanging door ornament shown at right, use a tree-shaped ivy topiary with a sphagnum moss base. Remove poinsettias from containers and wedge into holes made in the topiary's base. Take down the ornament and lay it horizontally for watering.

HOW TO FIND AND CARE FOR MINIATURES

If you have trouble finding miniature plants, ask a florist or nursery to order them.

CLAIRE CURRAN

CRADLED IN A MOUND *of sphagnum moss, miniature plants make an elegant centerpiece (above). Three-inch-tall poinsettias plugged into topiary framework brighten a front door (left).*

Is there a water-Scrooge on your gift list?

Here are items that save water in the garden, priced from $1 to $90

SAVVY WATER-conserving gardeners are sure to welcome as Christmas gifts any of the devices pictured here. They measure garden water, store it, apply it with less waste, or make it go further. Prices range from $1 to $90. Use the least expensive items—wildflower seeds, polymer gel packets, and water nozzles—as stocking stuffers. Look for any of them in garden centers, home stores, and catalogs.

Rain gauge (1). Measures rain in 10ths of an inch; helps you decide when and how much to water ($7).

Self-watering pot (2). Easy-to-fill reservoir delivers water to plants as they need it. Eliminates over- or underwatering ($20 to $50).

Rain barrel (3). Plastic barrel with precut hole to place under downspout collects rainwater for garden use. Holds 35 gallons ($65; Gardener's Eden, Box 7307, San Francisco 94120).

Deep waterers–aerators (4, 5, 6). Thread a hose into the handle, push the perforated point into the ground, and inject water and fertilizer deep into plant's root zone with little runoff or evaporation loss ($17 to $32).

Drought-tolerant plants (7). Shown in the basket are three of many choices for long seasons of color: bright purple *Verbena rigida,* rosy pink sedum, and white-striped ribbon grass ($4 to $8 for 1-gallon pots).

Multi-pattern sprinkler (8). Dial to select watering patterns for narrow strips and half-circles ($6 to $15).

Moisture meter (9). Insert slender metal probe in soil to measure moisture content ($7). More sophisticated types hook to irrigation systems ($40 and up).

Bubbler (10). Deep-waters without washing or eroding soil; screws to hose ($4).

Multi-pattern nozzle (11). Select various spray patterns from gentle to jet ($5 to $10).

Soil auger (12). Makes 2-inch-diameter holes in soil for deep watering, aerating, and fertilizing trees and large shrubs ($11 to $14).

Watering wand (13). Threads onto hose to stretch across beds. Built-in on-off valve or pistol grip reduces waste ($12 to $17).

Digital controller (14). Automatically turns water on and off; screws between hose and faucet ($89).

Water timers (15, 16). Fit between faucet and hose; set to measure a specific number of gallons (15, $14) or ½-gallon increments (16, $30). For the latter, write or call Jea-Mar Sales Co., 22811 Ave. 184, Strathmore, Calif. 93267; (209) 781-0537.

Submersible pump (17). Helps move gray water from indoor sinks or bathtubs—or rainwater from plastic garbage cans or gathered on swimming pool covers—into the garden. Various capacities ($45 to $80).

Books (18). Inspire gardeners to design attractive, water-conserving landscapes and learn water-wise techniques.

Gray Water Use in the Landscape, by Robert Kourik (Metamorphic Press, Santa Rosa, Calif., 1988; $6).

Waterwise Gardening (Sunset Publishing Corporation, Menlo Park, Calif., 1989; $7.95).

The Xeriscape Flower Gardener, by Jim Knopf (Johnson Publishing Co., Boulder, Colo., 1991; $14.95).

Water-Conserving Plants and Landscapes for the Bay Area (East Bay Municipal Utilities District, 1990; $11); to order, call (510) 287-0590.

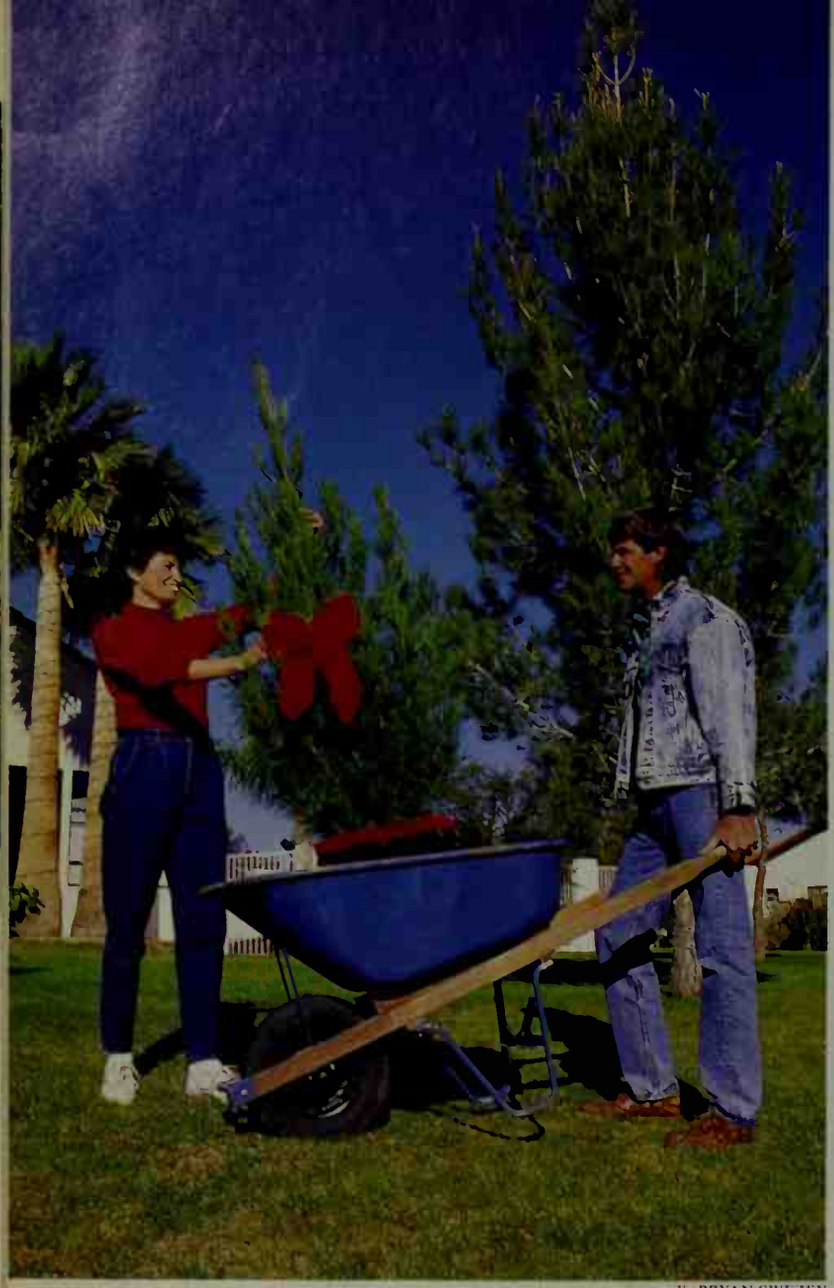
Water-retaining gels (19, 20). Mixed into the soil, gels absorb water and keep it available longer to plant roots ($3 to $36).

Wildflower seeds (21). Many drought-tolerant types, including lupine, poppies, and coreopsis. Sow during wet winter months for spring and summer color ($1 to $5). ■

STOCKING STUFFERS *to rain barrels, good ideas for water-conscious gardeners come in all sizes and price ranges. Numbers refer to items described in text.*

NORMAN A. PLATE

Sunset
Waterwise
Gardening
9
18



K. BRYAN SWEZEY

BOTH ELDARICA PINES *pictured in this Arizona garden started out as living Christmas trees. The one in the ground was planted in the mid-1980s; last year's tree, in the wheelbarrow, is shown ready for planting.*

CHAD SLATTER

CALIFORNIA CONSERVATION CORPS *members plant a San Diego landfill with recycled living Christmas trees collected from drop-off sites. Countywide, there are about 50 drop-off sites for living or cut trees; another 20 sites accept cut trees only.*

To plant or to recycle?

You have choices of what to do with your cut or living Christmas tree

BUY A CHRISTMAS tree—live or cut—with a clear conscience this year, knowing that after the holidays it can improve your garden or the local landscape instead of choking a public landfill. All it takes is a little planning. Here are options.

BUY A LIVING TREE

The basic rule when you select a living Christmas tree is to plan ahead. If you want to keep and display it, buy a kind that thrives where you live. Get it from a nursery that can vouch for its success as a garden or container plant, or check the tree's climate requirements in the *Sunset Western Garden Book*.

Also check the tree's ultimate size. If it grows slowly and to modest size, like a Korean fir or Austrian black pine, it might work well in your garden. But if it will quickly outgrow your garden (the case with most conifers), consider keeping it in a container and using it as a Christmas tree for two or three years, then donating it to the city or county.

Sunset readers from Walla Walla to San Diego have given living trees to grateful municipalities, to plant in parks and greenbelts and at schools and libraries. Call the parks department and ask if it will accept living trees after the holidays.

The biggest problem that living trees present is their sheer weight and bulk. However, one person can easily move a live tree with a hand truck. The job is easiest when the tree is in a flat-sided container. When you buy your

SET OUT *for pickup, cut tree will be recycled as mulch for home or public gardens.*

CHAD SLATTERY

GRINDER SPEWS MULCH *from some of the 140,000 trees received last year in San Diego County; mulch is free to the public.*

MULCH *made from trees dropped off at San Diego Wild Animal Park helps conserve water and control erosion at the park.*

living tree, get a box-shaped container at the same time, and have your nursery plant the tree in it before you leave.

Keep the tree in your house for no more than 10 days, and water whenever the top inch of soil dries out.

RECYCLE A CUT TREE

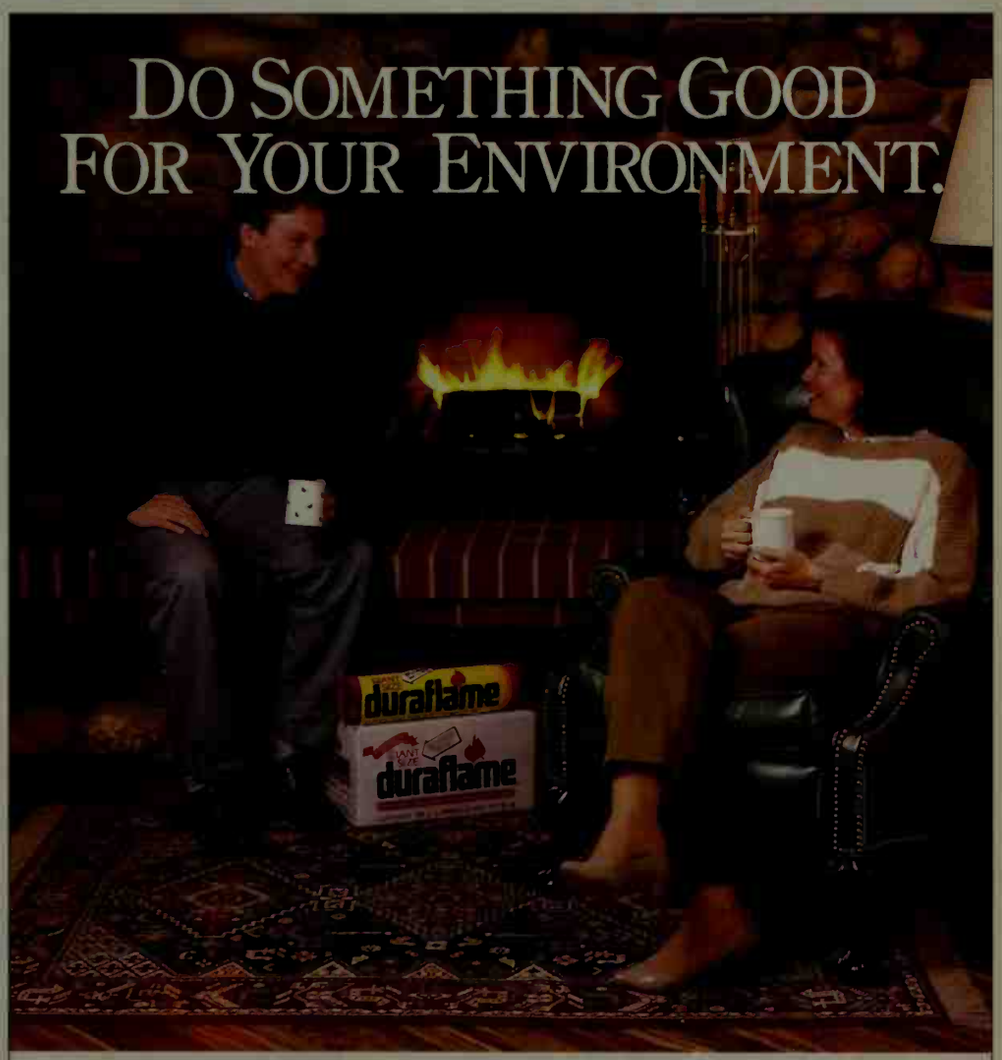
Even a cut tree won't be wasted after the holidays.

Before you buy, call your disposal service and ask if it has a tree recycling program. If it doesn't, ask who does.

After you've located a recycler, you may have to put the tree out for pickup on a certain day or take it to a collection site for processing, but you may get mulch (if you want it) in return. Throughout San Diego County, for example, there are about 70 drop-off locations where cut trees are turned into mulch for use at landfills or by home gardeners. The San Diego Wild Animal Park (above, far right) is one of those sites. Forty percent of all cut trees sold in the county were recycled last year.

If you don't find a recycling program, cooperatively rent a tree chipper with neighbors and grind all your trees on the same day.

You can use the grindings immediately for mulch, or let the pile rot for later use as soil amendment. ■



Duraflame firelogs are good for the environment inside and out.

Inside, Duraflame firelogs are a clean, convenient way to enjoy a fire. They light faster than other firelogs and burn for over three hours. And outside, very little smoke is emitted from your chimney. In fact, independent tests show that firelogs produce two-thirds less smoke than firewood.

So the next time you use your fireplace, do your part and burn smart with Duraflame.

For value-saving coupons and more information on how to use your fireplace cleanly and safely, write for our free "Tips for a Friendly Fireplace" brochure: Duraflame, Inc., P.O. Box 528, Stockton, CA 95201.

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NORTHERN CALIFORNIA

BERKELEY

Activities sponsored by Friends of the Botanical Garden. Place: UC Botanical Garden, Centennial Dr. DECEMBER 1: wreath and arrangements workshop by Wayne Roderick. DECEMBER 7: holiday plant sale. For more information, call (510) 642-3343.

EUREKA

DECEMBER 6 AND 7

Plant sale and open house by horticulture students of College of the Redwoods. Place: campus greenhouse, 7351 Tompkins Hill Rd. Hours: noon to 7. Free.

HILLSBOROUGH

DECEMBER 6 AND 7

House tour, tea, and boutique by Garden Study Club of the Peninsula. Hours: 1 to 5. For tickets, call (415) 342-2831 or 344-5831.

OAKLAND

DECEMBER 7

Bulb sale by Golden State Lily Society. Place: Lakeside Park Garden Center, 666 Bellevue Ave. Hours: 2 to 4.

PALO ALTO

DECEMBER 6 AND 7

Holiday Affaire 1991, by The Garden Club of Palo Alto. Includes opening night party, decorating demonstrations, and sale of dried arrangements, potpourri, herb vinegars, and preserves. Place: Cubberley Community Center, 4000 Middlefield Rd. For tickets, call (415) 329-1356.

ROSS

DECEMBER 13, 14, AND 15

Christmas greens sale by Decorations Guild of Marin Art and Garden Center features wreaths, swags, table arrangements, and tree ornaments. Place: the center, 30 Sir Francis Drake Blvd. Hours: 10 to 4.

SACRAMENTO

DECEMBER 6, 7, AND 8

Christmas decorations show by Sacramento Arrangers Guild. Place: Sacramento Garden and Arts Center, 3330 McKinley Blvd. Hours: 10 to 5. Free.

SAN CARLOS

DECEMBER 7

Annual Christmas sale of holiday arrangements, ornamental and house plants, herbs, succulents, orchids, craft items, and baked goods by The Civic Garden Club of San Carlos. Place: Casa de Flores, 737 Walnut St. Hours: 10 to 3. Lunch for sale between 11:30 and 1:30.

SAN FRANCISCO

December activities sponsored by Strybing Arboretum Society. Place: County Fair Building, Golden Gate Park, Ninth Ave. and Lincoln Way. DECEMBER 5: wreath-making class. DECEMBER 7: holiday greens sale. Hours: 10 to 1. DECEMBER 14: wreath-making class for children. For more information, call (415) 661-0668.

SANTA ROSA

DECEMBER 7 AND 8

Annual holiday open house at Luther Burbank Home and Gardens, Santa Rosa and Sonoma avenues. Hours: 10 to 4. Free. For information, call (707) 524-5445.

SUISUN

DECEMBER 4

Christmas plant sale by Solano Community College Horticulture Club. Place:

How Clothes Get Old Before Their Time.

Orange soda **Smoke** **Perfume**

An orange soda stain can be tough on clothes. But invisible dirt like smoke and perfume can also make clothes look old before their time. That's why you need new Fab Ultra. Its dual-action formula not

© 1991 Colgate-Palmolive Company

NORMAN A. PLATE

BRING NATURE TO THE TABLE

Greens from the garden—sprigs of cedar, red-tinged nandina, pittosporum, and redwood—set off coral roses from a florist in this holiday arrangement. A moistened half-block of florist's foam, slipped over the top of a 12-inch dowel, keeps greenery fresh. The dowel is secured in plaster of Paris that was poured into a 4-inch pot lined with slivers of dry foam (which allow for expansion as plaster dries). For a simpler version, set the foam block on a flat dish.

Several events this month offer other ideas for decorating with greens; see listings.

Building 1400 on campus, 4000 Suisun Valley Rd. Hours: 9 A.M. to 8 P.M.

WALNUT CREEK
DECEMBER 3

Holiday decorations lecture and demonstration by Wayne Roderick. Place: Heather Farm Garden Center, 1540 Marchbanks Dr. Hours: 9:30 to 11:30 A.M. Fee: $8. For required preregistration, call (510) 947-1678 between 9 and 1 weekdays.

WOODSIDE
NOVEMBER 30 THROUGH DECEMBER 7

Winter Garden celebration presented by Friends of Filoli features an opening night gala, children's parties, adult teas, musical evenings, and boutiques. Place: Filoli, Cañada Rd. For more information, call (415) 366-4640 weekdays between 9 and 2. ■

How Fab Helps Clothes Look Newer Longer.*

Cleans stains you can't see

Cleans stains you can't see

only cleans tough surface stains, it digs in deep to dissolve the unseen dirt that leaves clothes limp and lifeless. Try new Fab Ultra. **Helps clothes look newer longer.**

*Versus Original Fab

Protecting against frost

What you can do to help tender plants

NORMAN A. PLATE

BOX STUFFED *with crumpled newspapers for insulation saved potted jade plant from ravages of last year's freeze.*

OVERHANG *partially protected this podocarpus; uncovered portion suffered from freeze.*

A YEAR AGO THIS month, the freezing "Siberian express" left many Western gardens decimated—and gardeners wondering how to protect borderline-hardy plants when temperatures dip well below normal for prolonged periods.

"Plastic wrap, roof, and cloud cover all failed," wrote *Sunset* reader Mary Trapani, from Pleasant Hill, California. Unlike common radiation frosts—caused by loss of heat from surfaces to the sky—last year's freeze resulted from a weather system that pushed south from the Arctic to replace existing warmer air. Because this cold air was drier, it increased evaporation, which also removed heat.

Temperatures fell too low for most frost-protection techniques to work. Only those solutions which both provided and trapped heat, such as the box pictured above, protected vulnerable plants like jade.

If you live in a mild-winter area and you indulge in growing frost-tender plants such as bougainvillea, bird of paradise, and Natal plum, freezing temperatures can seriously damage or kill plants unless you take preventive action. Here's what you can do to protect your plants from occasional frosts.

Precondition plants. As winter approaches, slow down and harden plant growth by withholding nitrogen fertilizer, gradually watering less, and avoiding heavy pruning. Let plants form seed or fruit, to force slower growth.

Keep soil moist. Since dry winter winds and cold temperatures cause faster evaporation from soil and leaf surfaces, plants can wilt unless soil is sufficiently moist. Plants weakened by wilting are more susceptible to damage from freezing temperatures. Also, moist, bare soil absorbs more heat than dry or light-colored soil.

Mulch. Apply a 6-inch layer of loose material such as leaves, redwood sawdust, or straw around the base of shrubs to help insulate their crowns and roots from cold. (To avoid stem rot, move mulch away from stems if temperatures stay mild and rains are heavy.)

Trap heat. Overhead protection helps prevent heat loss. Existing heat from soil, paving, or nearby structures can be contained to protect plants. Boxes, bags, blankets, or tarps can provide temporary cover; their effectiveness depends on the amount of stored heat, the soil, and condition and type of plant. During last December's freeze, Charmaine Kaiser of Los Osos, California, successfully used an aging lawn umbrella of heavy opaque plastic, secured in a stand, to shelter a young lemon tree.

For best results, cover the plant completely; to avoid leaf burn, keep thin materials (such as plastic) from touching the foliage.

Protect from sun. If plants are frozen, shade from morning sun with shadecloth, sheets, or burlap. Otherwise, damage from quick thawing may result.

Spray with water. When frost is expected and the air is extremely dry, set an oscillating sprinkler under plants and trees sturdy enough to support the weight of ice; keep it running all night (a routine practice of citrus growers). As ice forms, the heat released protects plants. (Do this as a last resort, and only if the water situation allows.)

Set up heaters and lights. Supplying additional heat protects plants from frost, especially when used with a cover or windscreen. (Hanging a light bulb from an orange tree's branches and covering with a tarp pulled one tree in Alameda County, California, through last winter.) How much heat is needed will depend on how hardy the plant is and low the mercury drops. ■

An oil change in less than 29 minutes? At a dealership?!! "No way," I said.

What a dumb argument. It all started when my girlfriend took her car to the GM dealership for an oil change. She said she got an AC oil filter, GM Goodwrench® oil and a 10-point maintenance check in less than 29 minutes. "Less than 29 minutes? At a dealership? No way!" I said. Next thing, she's got this icy look on her face, saying, "Why don't you ever believe what I tell you?"

Your GM dealer is serious about putting service back in the service department. And our Fast or Free Guarantee proves it. If your oil change isn't done in 29 minutes or less, the next one's free. So try Mr. Goodwrench® Quick Lube Plus...for a change.

For the nearest participating Mr. Goodwrench Quick Lube® Plus dealership, phone **1-800-GM USE US.**

Mr. Goodwrench keeps quality on the road.

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29 minutes or less. Guaranteed.

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RUSS A. WIDSTRAND

STORYTIME AT THE SCHOOL GARDEN *brings reprieve from midday sun and draws youngsters to the realm of books and botany.*

Books to inspire young gardeners

From an L.A. gardening teacher, here are suggestions for introducing children to ecology

JUST ONE EXCURSION to an urban elementary school where container gardens dot acres of asphalt is all it takes to understand why gardening is an excellent way to introduce ecology.

Children are naturally drawn into the ever-changing world of greenery, where they learn the miracle of growth, the joy of abundance, and the responsibility of nurturing.

As more adults have recognized the value of growing up gardening, the number of children's books to inspire and instruct has burgeoned. To help narrow the choices, we asked Rachel Mabie, youth gardening coordinator for The Common Ground Garden Program of UC Cooperative Extension, to select her favorites.

Mabie teaches gardening to hundreds of students in Los Angeles schools and trains parents and teachers for gardening with children. Her comments are in italics.

The Carrot Seed, by Ruth Krauss (HarperCollins, New York, 1945; $3.95 paper). A boy plants a carrot seed, and only he believes it will grow; it does (ages 3 to 8). *Simplicity and hope's reward make this book a classic.*

Growing Vegetable Soup, by Lois Ehlert (Harcourt Brace Jovanovich, New York, 1987; $13.95 hardbound, $4.95 paper). Illustrations and descriptions teach the value of nurturing plants for soup (ages 3 to 6). *Children who read this want to plant a garden and make a soup from the harvest . . . following the recipe provided.*

KidsGardening, by Kevin Raftery and Kim Gilbert Raftery (Klutz Press, Palo Alto, Calif., 1989; $12.95 spiral-bound). The book is packed with how-to gardening, recipes, and craft projects; seeds come with it (ages 5 to 11). *In an interesting, easy-to-read format, it covers all the basics of growing a garden. Children love the activities, and the materials required can be recycled from household items.*

Linnea's Windowsill Garden, by Christina Bjork and Lena Anderson (R & S Books Stockholm, 1978; $10.95). The joy of discovery underlies the many low-cost projects—such as sprouting seeds—Linnea shares from her indoor garden. Pages include games, recipes, and experiments (ages 7 to 12). *This book makes gardening a possibility for kids without yards. The small-space projects teach nature's larger lessons.*

More Than Just a Vegetable Garden, by Dwight Kuhn (Silver Press, Englewood Cliffs, N.J., 1990; $12.95). From seeds to harvest and pests to predators, it provides insight into interrelationships of garden plants and animals, and shows how to start a vegetable garden (ages 5 to 12). *My current favorite. Both artful and technical, the superb color photographs answer questions and inspire more. It's a very descriptive book, but not too wordy.*

Planting a Rainbow, by Lois Ehlert (Harcourt Brace Jovanovich, New York, 1988; $14.95). This story about a mother and child who grow a flower garden introduces the concepts of planting and harvest (ages 3 to 6). *The bold graphics and rainbow analogy draw attention to the diversity of flowers and help children learn colors.*

Pumpkin Pumpkin, by Jeanne Titherington (Greenwillow Books, New York, 1986; $13.95 hardbound, $3.95 paper). Young gardeners learn the plant's life cycle, from seed to jack-o'-lantern to seed again (ages 3 to 7). *This storybook's soft, soothing, and realistic illustrations reveal the rewards of watching and waiting.*

The Reason for a Flower, by Ruth Heller (Grossett & Dunlap, New York, 1983; $9.95). With simple explanations of complex concepts, it magnifies the beauty and mystery of seeds and flowers (ages 5 to 8). *Rhymes and beautiful illustrations make the basics of botany fun.* ■

Some who visit our distillery could care less about the taste of Maker's Mark.

Some just drop in for a visit on their way to somewhere else. The ducks from up North, for instance, seem to like our natural spring-fed lake–the only source of water we use in Maker's Mark. But that's about the extent of their interest in our whisky.

On the other hand, all the people who stop by our little "National Historic Landmark" find the trip worthwhile. From the old Quart House and Toll Gate House, to the "still" house, with its hand-polished copper still, hand-hewn support beams and 100-plus-year-old hardwood floor, there's nothing about the place that doesn't show the same personal care that goes into Maker's Mark.

Even the beautiful, pre-Civil War distiller's residence is a curiosity. It now serves as our Visitor's Center, with its mingled collections of Kentucky arts, crafts, and period furniture from the early 1800's.

And besides, we enjoy having folks (and ducks) around the distillery–every bit as much as we like making our award-winning whisky.

So, even if you're not the least bit interested in whisky, we'd still love to have you drop in for a visit. Just call Donna at (502) 865-2099 or stop by Monday–Saturday, 10:30 a.m.-3:30 p.m.

Bill Samuels, Jr.

Bill Samuels, Jr.
President
Maker's Mark Distillery

Maker's Mark

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RENEE LYNN

A warm, welcoming holiday

PETER CHRISTIANSEN

Walk through a snow-frosted adobe gateway and come inside for a warm gathering of family and friends. That welcoming Western spirit is what this December issue is all about. In this holiday section we share ideas from the party pictured at right, as well as many other food and decorating tips. The next 21 pages present **Soup Buffet** ■ **Assembly-Line Appetizers** ■ **Chili Wreaths** ■ **Garden Greens** ■ **Pine Cone Trees** ■ **Gifts for the Cook** ■ **Straw Ornaments** ■ **Wooden Toys** ■ **and more.**

Party menu of chowder, breadsticks, vegetables to dip in dressing, fruit, and cookies satisfies guests of all ages.

PETER CHRISTIANSEN

For a big party, this soup buffet is easy on the hosts

Let's get together around the holidays" is an easy invitation to extend when you have the right menu. This festive soup meal—geared for a large, informal party—suits all ages and adapts well to self-service. It also uses few utensils, making for easy cleanup.

A filling but lean chowder, packed with seafood and corn, provides the base for the casual buffet meal. Ladled into mugs, the potato-thickened soup is easy to eat standing up. Breadsticks and a walk-around salad complete the simple menu. Serve Christmas cookies and seasonal fruit for dessert.

For easy-to-eat party entrée, sip mugs of low-fat seafood and corn chowder.

SOUP SUPPER FOR A DOZEN

Walk-around Salad

Crowd-pleasing Seafood Corn Chowder

Breadsticks

Sauvignon Blanc

Cranberry Punch

Christmas Cookies

Winter Fruits

For a no-fork-needed salad, offer raw vegetables (5 to 6 lb. total) such as bell peppers, carrots, celery, cherry tomatoes, green onions, and Belgian endive to dip into homemade or purchased dressing (1½ to 2 cups). Up to a day ahead, rinse, trim, cover, and chill vegetables.

Most of the chowder can be made a day ahead. Shortly before serving, thicken soup and add seafood.

Crowd-pleasing Seafood Corn Chowder

- 2 medium-size (about ¾ lb. total) onions, finely chopped
- About 11 cups regular-strength chicken broth
- 2 cloves garlic, minced or pressed
- 1 teaspoon pepper
- ½ teaspoon dried thyme leaves
- 6 cups (about 2½ lb.) peeled and shredded thin-skinned potatoes
- 3 tablespoons cornstarch blended smoothly with 3 tablespoons water
- 5 cups nonfat or whole milk
- 3 packages (10 oz. each) frozen corn kernels
- 1 jar (10 oz.) shucked fresh oysters, cut into bite-size pieces, and juices; or 2 cans (6½ oz. each) chopped clams and juices

- 1 pound cooked shelled crab or tiny cooked shelled shrimp
- 2 tablespoons minced parsley

In an 8- to 10-quart pan, combine onions and ½ cup broth. Boil uncovered on high heat, stirring often, until liquid evaporates and onions start to brown, 12 to 15 minutes. To deglaze, add ⅓ cup broth, then stir to release browned bits. Stir occasionally until liquid evaporates and mixture begins to brown again, 1 to 3 minutes. Repeat deglazing step until onions are richly browned, about 3 more times.

Add 3 cups broth, garlic, pepper, and thyme. Boil on high heat, uncovered, until mixture is reduced to 3 cups, about 25 minutes; stir often. Add potatoes; simmer uncovered, stirring often, until tender to bite, about 30 minutes. If made ahead, cover and chill up until next day.

Stir in 6 cups broth, cornstarch mixture, milk, and corn; stir often on medium-high heat just until boiling, 10 to 20 minutes. Remove from heat, then add oysters and crab. Pour into a tureen; sprinkle with parsley. Makes 6 quarts, 12 to 14 servings.

Per serving: 237 cal.; 16 g protein; 3.1 g fat (0.7 g sat.); 37 g carbo.; 210 mg sodium; 45 mg chol. ■

Cream cheese, purchased olive tapenade, and Italian parsley decorate rye toast triangle.

Cream cheese, basil, dried tomato packed in oil (drained) top toasted baguette.

Sour cream, apple slice (coated in lemon juice), smoked chicken, green onion crown raisin toast.

Herb cheese, red onion, smoked salmon rest on cucumber slice.

They're quick, assembly-line appetizers

Herb cheese, tiny shrimp, dill top cracker.

Sour cream, brisling sardine, lemon zest adorn jicama slice.

Sour cream, pickled herring, beet horseradish crown cucumber slice.

Cream cheese and flying fish roe (tobiko—rinse and drain in a fine strainer) top pumpernickel toast.

PETER CHRISTIANSEN

Using a variety of toppings, garnishes, and bases, you can prepare these eight appetizers quickly. Use the combinations shown here, or, to simplify shopping and preparation, use the same base for all.

Assembly-line appetizers. For the bases, use **crackers,** ¼-inch-thick slices European cucumber, or peeled bite-size pieces jicama. Or use toasted bread slices such as raisin, pumpernickel, rye, or baguette. To toast bread, cut into bite-size pieces (remove crusts, if desired) and place on a 12- by 15-inch baking sheet. Broil about 8 inches from heat until golden, about 1½ minutes. Toast other side, about 45 seconds. Cool.

Spread with **cream cheese** (plain or chive), neufchâtel (light cream) cheese, herb cheese, or sour cream. Add **toppings** as shown above, or design your own combinations. If you prepare appetizers ahead, cover and chill vegetable- and toast-base ones up to 2 hours. Prepare cracker-base appetizers just before serving; crackers soften quickly. ■

Add spice to the season with a chili wreath

Evoke the spirit of the Southwest this holiday season with a hot chili wreath. The firecracker wreath at upper right contains fiery *de arbol* chilies and medium-hot *cascabels*. Chilies in the starburst wreath at left are reddish black, mild to medium-hot *Anaheim* (also called New Mexico or California) and mild, black *pasilla* (also called *negro*).

Look for chilies and cornhusks at supermarkets and Latino grocery stores, or order chilies by mail from a source listed on page 93. Crafts shops sell wreath bases, raffia, and florist's pins. Components cost $10 to $20.

To use chilies after the holidays, break or snip them off and wipe them clean. Stem them and—for mild flavor—shake out seeds. You can add dried chilies whole to simmering soups or stews. Or break them in pieces and whirl in a blender to make chili powder for cooking or sprinkling on foods. ■

Firecracker wreath

DARROW M. WATT

String dried **de arbol chilies***, piercing beneath stem, with slim **needle and thread.** Make into a circle to fit a 6½-inch **twig** or straw **wreath base;** knot thread. Repeat for second chili circle. Stack circles on wreath base; secure with **florist's pins** and **raffia.** String 3 dried **cascabel chilies;** tie to **rosemary sprigs.** Pin to base.

*Buy 5 ounces perfect de arbol chilies (fruit and stems intact) for a 6½-inch wreath. Buy 10 ounces if you can't cull chilies first.

Starburst wreath

Soak 2 ounces **cornhusks** in hot water to soften; separate. Wrap a 9½-inch **foam** or straw **wreath base** with some husks; fasten with **florist's pins.** Attach flat husks (pointed ends out) to back and front of base. On top of wreath, alternate large dried **Anaheim chilies** and large dried **pasilla chilies*;** overlap slightly, stems facing in. Pin through pods to base.

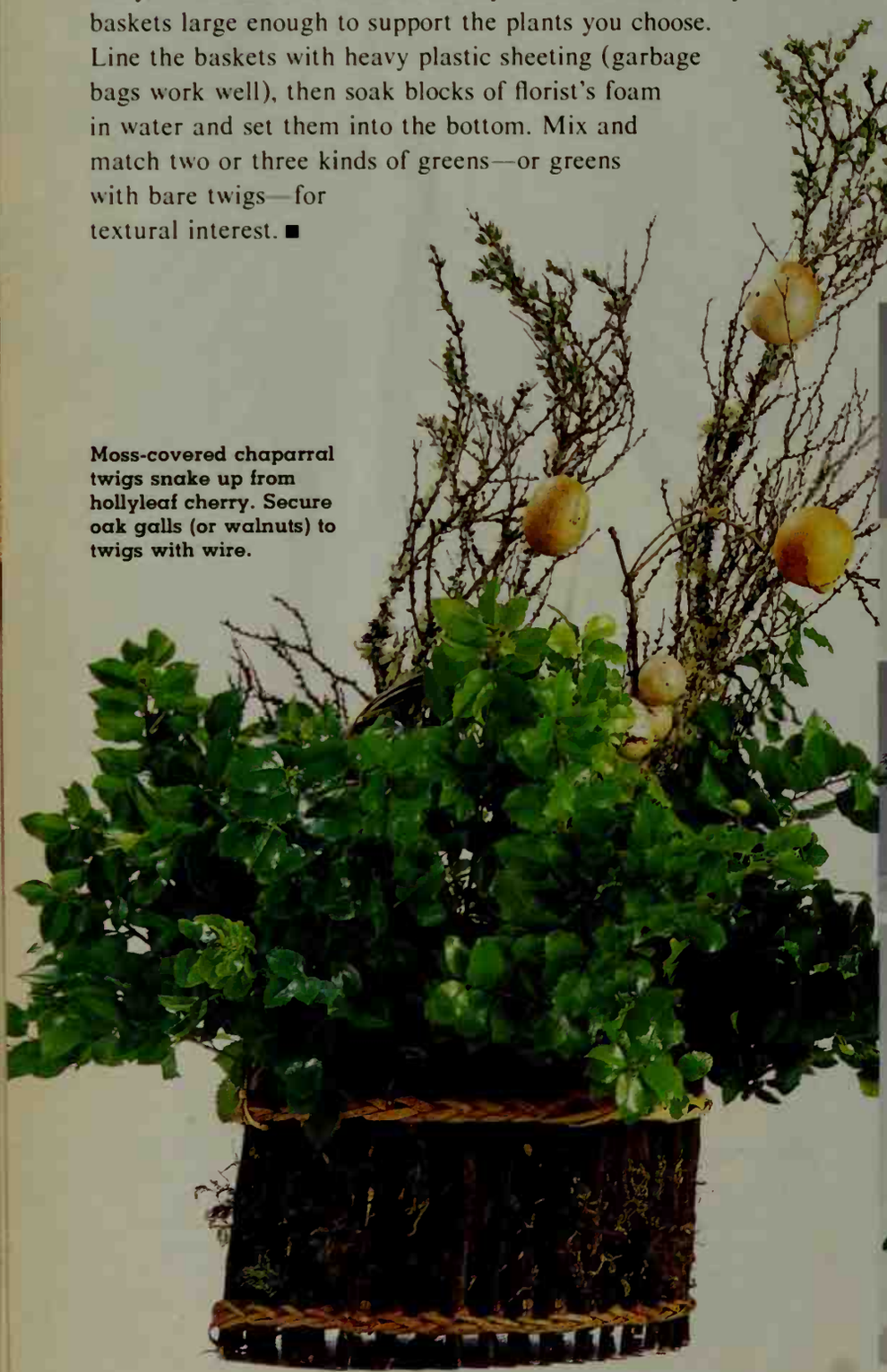
*Buy 7 ounces Anaheim chilies, 2½ ounces pasillas.

Holiday greens from you

Gather bunches of evergreen prunings, stuff them into handsome baskets, and embellish them with natural ornaments like pyracantha berries, oak galls, winter fruit, or potted flowers. Voilà! You have festive (and instant) decorations to use by an entry, over a hearth, or on a holiday table. Choose sturdy baskets large enough to support the plants you choose. Line the baskets with heavy plastic sheeting (garbage bags work well), then soak blocks of florist's foam in water and set them into the bottom. Mix and match two or three kinds of greens—or greens with bare twigs—for textural interest. ■

At right: miniature apples brighten manzanita prunings.

Below, from top to bottom: all-green bouquet uses snippets of Oregon grape, rhododendron, Douglas fir. Fragrant rosemary and bay fill breadbasket; deep red apples add color and shine. Glossy prunings of camellia and pittosporum encircle two 4-inch pots of kalanchoe with flame-colored blooms.



Moss-covered chaparral twigs snake up from hollyleaf cherry. Secure oak galls (or walnuts) to twigs with wire.

NORMAN A. PLATE

wn garden

NORMAN A. PLATE

Gilded "flowers" of gold spray-painted pine cones, clusters of red berries, and green leaves add holiday color to a small tree of Canary Island cones. At right, late-fall fruit—crabapples, persimmons, cranberries—dangle from the "branches" of Monterey pine cones. The tree required about six trash bags full of cones.

Start a tradition with a pine cone tree

A pine cone tree can become a memorable family friend that reappears year after year to help you celebrate the holiday season. If you live near an area with conifers, you can gather cones during a walk in the woods to start one of these everlasting trees. A less rustic source might be crafts stores, which often sell a variety of cones.

We built two sizes of trees, one small enough (20 inches tall) to be a centerpiece, the other big enough (38 inches) to slip presents beneath. Both have the same style base and frame. The smaller tree has a 6-inch-square base (from a 2-by-8), a 6-inch-long 2-by-2 "trunk," and a 12-inch-diameter circle of ½-inch plywood. The larger tree has an 11-inch-square base (from a 2-by-12), an 11-inch 4-by-4 "trunk," and a 22-inch-diameter circle of plywood. The pictures below show how to form a semicircle of chicken wire into a cone and secure it to the plywood base. To attach cones, weave florist's wire into each cone's base and tie it to the chicken wire. Mix different-size cones, and add seasonal fruit, berries, and leaves for cheery color. ■

Using a paper semicircle (with an 18-inch radius for small tree, 34-inch for large one) as a pattern, cut chicken wire with wire cutters.

Starting from center point of radius, form a cone with a base slightly larger than the plywood circle. Gloves protect against wire's raw edges.

After assembling wooden base, slip on wire cone so it extends 1 inch below circle. Hold it in place with staples driven into plywood.

Secure pine cones to chicken wire, working from bottom up. Loop florist's wire around base of cone and tie at two places. Fill in voids.

Candle holders from the lumberyard

Nothing evokes the holiday spirit quite so warmly as the flickering glow of candlelight. A single candle will banish twilight's gloom, while a gang can turn a simple meal into a memorable event, drawing family members closer. The candlesticks shown here are easy and inexpensive to make. All start with decorative stair elements (finials and balusters) or dimensional woods you'll find in the molding department of most lumberyards.

Lumberyard supplies the raw materials. Paint the wood or give it a clear finish.

PETER CHRISTIANSEN

Jumbo holder for a big candle begins with fat stair finial; tart pan catches drips.

Menorah's nine elements can be glued together for stability or left separate and staggered or clustered informally.

Baluster holders (opposite page) lend Victorian charm to a festive table setting.

Jumbo holder

Besides a stair finial, you need a 3-inch tart pan (available at kitchenware stores), a ½-inch countersink drill bit, epoxy glue, and two 2-inch screws.

Cut two 3½-inch squares from scrap pine and mark the center on both. Place the two together and rotate one piece 45°; mark off the corners on both pieces, then trim to make octagons.

Countersink a recess in center of each octagon, then drill a hole through each piece for a screw. Place one octagon (countersunk side up) on top of the finial. Drill through it and into the finial. Put a dab of epoxy glue on the screw tip and screw the octagon to the finial.

Squeeze epoxy inside the second octagon's hole and twist in a screw. Glue and clamp the octagons (countersunk sides together). Use a big nail to hammer a hole in the tart pan; twist pan over protruding screw. Sand the wood and stain or paint.

Menorah

We used 2-by-2s of birch and a South American hardwood (plantation-grown) called purpleheart. Cut a 21-inch piece of the darker wood into five lengths: one 8 inches long, two each at 4½ and 1¾ inches. A 19-inch length of paler wood will yield two 6¼- and two 3-inch holders.

Mark the center of each holder. Using a 1-inch spade bit, drill 1½-inch-deep holes to receive brass cups (purchased at a florist or hobby shop). Sand and apply a clear wood finish.

Baluster holders

Section a stair baluster to make matching or complementary candlesticks of different heights. To make the hole for the copper cap (from a hardware store's plumbing section), mark the center of the top surface and drill as described above. Sand and use acrylic paint over a base coat to call out the baluster's design. Protect with clear acrylic sealer or varnish. ■

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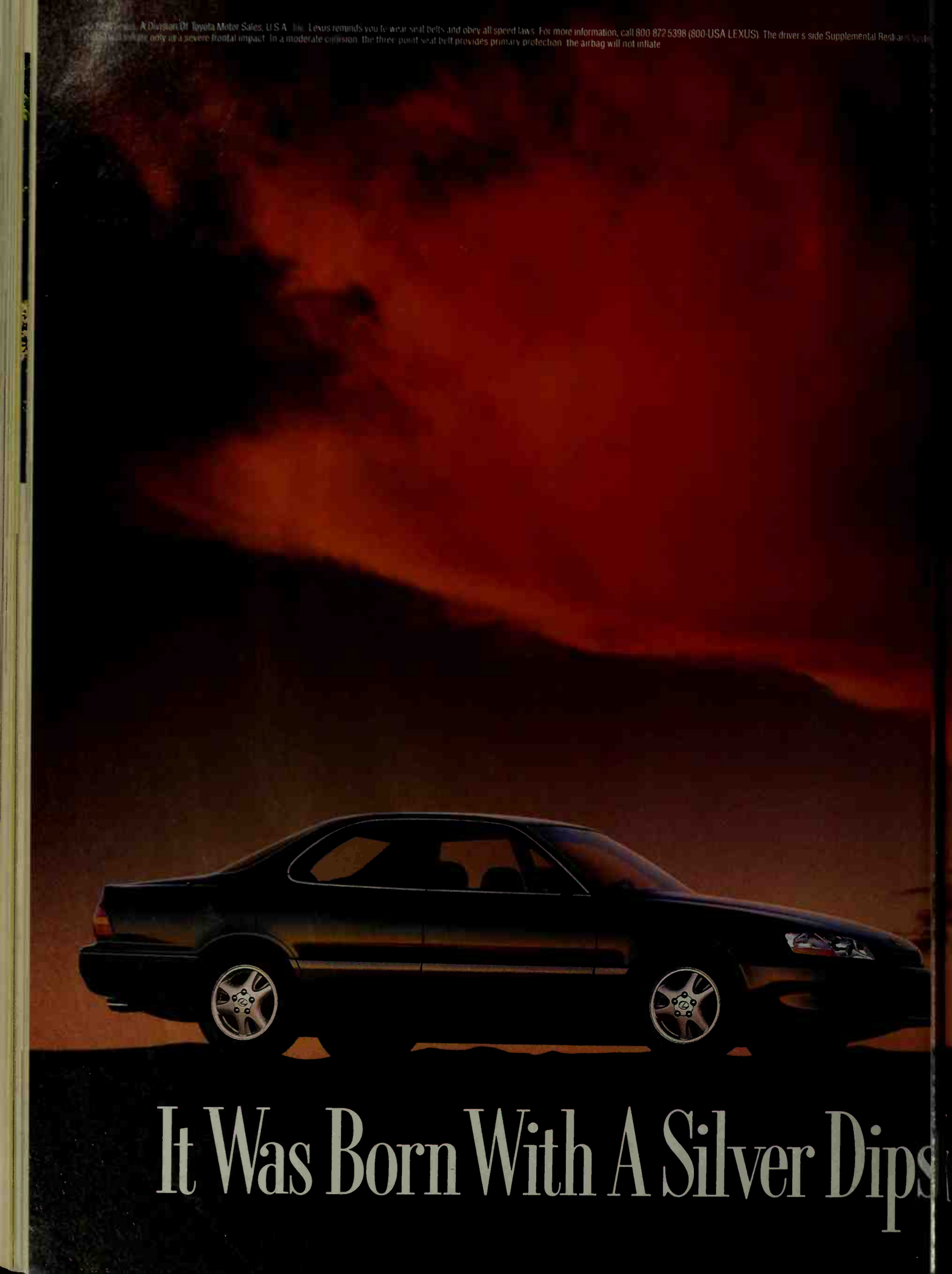
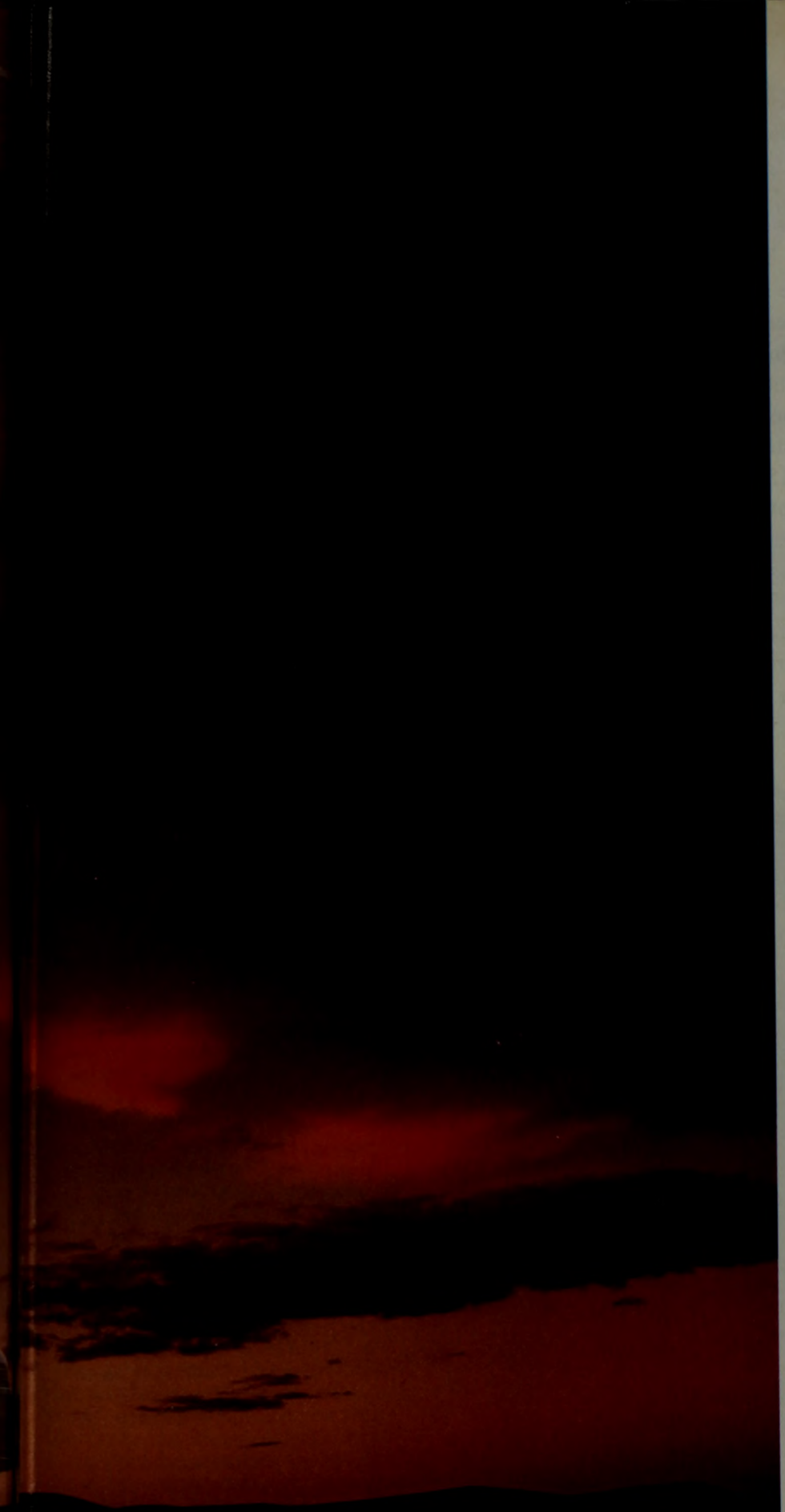


It Was Born With A Silver Dips



The ES300 Sports Sedan

Driver's-side airbag SRS

8-speaker, 180-watt audio

California Walnut trim

Anti-lock braking system

Automatic climate control

Remote-controlled entry

Sound-dampened cabin

sk In Its Mouth.

LEXUS
The Relentless Pursuit Of Perfection.

Gifts for or from a cook

Is there a food lover on your holiday gift list? Consider offering a food discovery package. The ones shown here require only brief assembly. Once prepared, they'll keep several months to up to a year. Clip or copy the boxed information and use it as a gift tag to guide the receiver in his or her culinary experimentation.

Gourmet stores sell most ingredients—vanilla beans ($1.50 to $3 per bean), truffle oil ($15 to $20 for a 2- to 3-oz. bottle), cob popcorn (30 cents to $1 apiece), and dried mushrooms ($3 to $13 per oz.). These items and the dried chilies featured on page 82 are also available by mail order (far right).

DARROW M. WATT

Vanilla Bean

Use the strongly aromatic beans whole, or split them to get more flavor from the thousands of tiny seeds inside. After using whole or split beans, rinse, pat dry, and store in a cool, dark place to reuse. Fresh and reused beans will keep indefinitely immersed in alcohol or stored airtight.

Vanilla sugar. Put 1 or 2 **vanilla beans** into a jar; fill with **sugar** to cover. Seal tightly; shake jar every few days for about 1 month. (To speed up the process, whirl chopped vanilla beans and sugar in a blender; store for at least 1 week, then sieve sugar.) Use sugar over fruit and in desserts. Replace sugar as used.

Vanilla extract. Place 1 **vanilla bean** (split, if desired) into a narrow bottle. Fill bottle with **brandy,** vodka, or rum to completely cover bean. Seal airtight; let stand about 1 month in a cool, dark place, shaking bottle occasionally. Use to flavor desserts, or as called for in recipes.

Truffle Oil on Popcorn or Pasta

Olive oil infused with the essence of crushed white truffles takes on the distinctive musky smell and flavor of the highly valued fungus. Use sparingly as a seasoning oil; long cooking dissipates flavor. Imported oils, especially those from Italy, seem to have the strongest scent. Store in a cool, dark place up to a few months.

Truffled popcorn. Mix 1 to 2 teaspoons **truffle oil** with 1 quart **popped corn.** Add **salt** to taste.

To pop cob popcorn, place 1 **cob popcorn** (6 to 8 in.) in a brown paper lunch bag. Fold top over several times and set bag in the middle of a microwave oven. Set time for 4 minutes at full power (100 percent). Cook until popping slows to 2 to 3 seconds between pops, 2 to 4 minutes. Listen closely; do not overcook. Makes about 1 quart.

Truffled pasta. Mix 1 to 2 tablespoons **truffle oil** with 4 cups hot cooked **pasta.** Add freshly grated **parmesan cheese** and **pepper** to taste.

Mushrooms in a Basket

Drying concentrates mushrooms' rich flavor. Your woodland basket may hold these choices: *Morels* are deeply cratered and have elongated dark brown caps and earthy flavor. *Chanterelles* are golden brown with pronounced gills; flavor is mild and nutty. *Porcini* (cêpes), in dark brown slices, have intense, pungent aroma and flavor. *Shiitakes* have wrinkled dark brown caps and intense, rich flavor.

To use mushrooms. Soak mushrooms in hot water to cover until soft, 20 to 30 minutes. Rub with fingers in liquid to remove grit; lift from liquid. Discard stems, if tough. You can also use the flavorful soaking liquid; carefully pour off water, leaving the gritty sediment. Use mushrooms (whole, sliced, or chopped) and liquid in pasta sauces and rice dishes, and with poultry and meats. One ounce dried mushrooms is enough to season 6 servings. Store airtight in a dark place at room temperature for up to 1 year.

Mail-order Sources

Corti Brothers, 5810 Folsom Blvd., Sacramento 95819; (916) 736-3800. Vanilla, oil, mushrooms, chilies. ***De Laurenti Specialty Food Markets,*** 1435 First Ave., Seattle 98101; (206) 622-0141. Vanilla, oil, mushrooms, chilies. ***G.B. Ratto,*** 821 Washington St., Oakland 94607; (800) 325-3483. Vanilla, oil, mushrooms, chilies. ***Irvine Ranch Market,*** 142 S. Vincente Blvd., Los Angeles 90048; (213) 657-1931. Vanilla, oil, popcorn, mushrooms, chilies. ***Patricia Rain Specialty Foods,*** (408) 458-3103. Vanilla. ***Strohecker's, Inc.,*** 2855 S.W. Patton Rd., Portland 97201; (503) 223-7391. Vanilla, popcorn, mushrooms, chilies. ***Wally's West,*** 2107 Westwood Blvd., Los Angeles 90025; (213) 475-0606. Vanilla, oil, popcorn, mushrooms, chilies. ■

Look what's back. It's a

We called them "bicycles built for two," but the tandems most of us grew up with really weren't much more than clunky one-speeds with an extra seat, set of handlebars, and pedals. But we didn't care; they were good for a couple of hours of inexpensive fun.

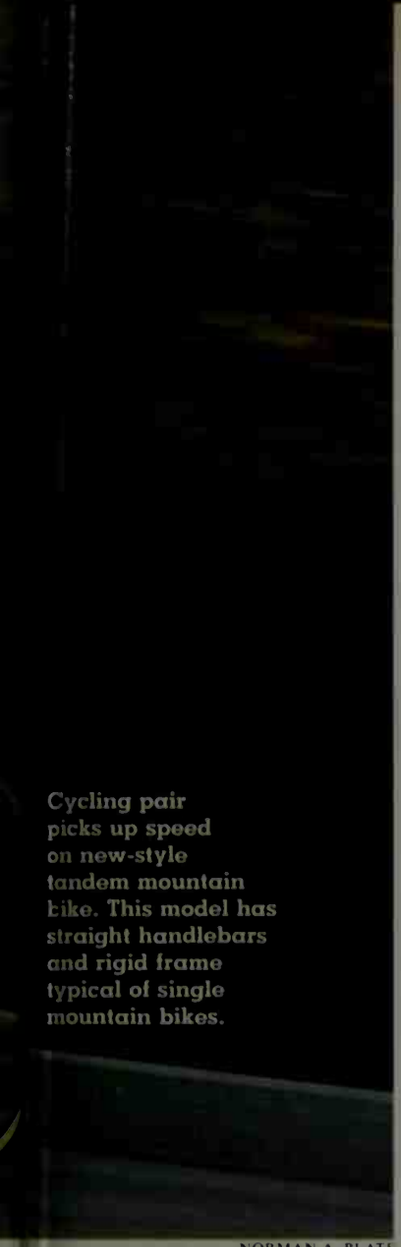
You can still find those tandems at seaside resorts or in rental bike shops. But a new breed of tandem is on the road today—one designed for two serious cyclists—and the popularity of these bikes is zooming.

Between 1986 and 1990, U.S. tandem sales more than quadrupled, and the number of manufacturers multiplied as well. With a number of major single bike manufacturers now jumping on the tandem bandwagon, sales are likely to go higher still.

What's different about the new tandems? The first thing you'll notice, after the snazzy paint job, is the frame. In most new models, it's designed with a horizontal bar at the top, like a man's single bike. It contrasts with the step-through frames traditionally used on women's bikes and old-style tandems, which are more flexible and so slow the cyclists' pace. For strength and light weight, the new frames—like those on better single bikes—are made of chromium-molybdenum steel or aluminum.

High-performance tandems are also outfitted with the kinds of components you'd expect on comparable single bikes, such as handlebar-grip brakes and front and rear derailleurs with 18 to 21 gears. Tandems are available to fit just about anyone's cycling fantasies, from knobby-tired mountain bikes with upright handlebars to sleek touring and racing models. Most high-performance tandems cost about $2,000, though you might find one for as little as $1,000; racing models can cost $5,000 or more.

All of this means that you can ride a lot faster, farther, and more comfortably than you could on the old bicyles built for two. And, compared with riding your own bicycle, "you don't have to shout at each other to talk, you get where you're going at the same time, and you don't have to risk your neck riding side-by-side," as one enthusiast puts it. It also means there's more to riding—and buying—a tandem than there



Cycling pair picks up speed on new-style tandem mountain bike. This model has straight handlebars and rigid frame typical of single mountain bikes.

NORMAN A. PLATE

MICHAEL THOMPSON

Riding with a pint-size pedaler

Though tandems are sold only in adult sizes, kids can get in on the fun, too. A few tandem manufacturers offer child-crank kits that raise the stoker's pedals another foot or two, putting them within the reach of most 4-year-olds. Some kits include smaller handlebars, too, though the standard stoker's handlebars can be adjusted backward.

bicycle gift for two

used to be. Whether you're renting for a day's spin, or shopping to buy your dream machine, keep the following tips in mind.

Getting Started

Even experienced cyclists find the new tandems take a little getting used to. Braking, gear-shifting, and steering are all controlled entirely by the "captain," as the forward cyclist is called. Starting out, the captain (who should be the heavier or more experienced rider) is wise to avoid quick moves; he or she should also call out changes (shifting, braking, coasting) to the rear cyclist in advance. Most partners find they're able to drop these formalities as they grow accustomed to one another's riding styles.

The rider in the rear position, called the "stoker," basically just pedals and enjoys the passing scenery. It sounds easy, but it takes more trust than many riders are comfortable with at first. Even a communicative captain won't be able to forewarn the stoker about every sudden obstacle requiring quick braking, or may not think to tell the stoker to lean into the upcoming curve in the road.

"Surrender" is the key word, according to one experienced stoker. In fact, tandem riding is a lot like ballroom dancing: you need both a strong lead and a flexible, trusting partner—and some practice.

The biggest challenge for novice tandem cyclists is hill-climbing. A tandem and two riders weighing a total of 400 pounds or more can lose momentum quickly on an ascent, and gear-shifting needs to be quick and precise if you don't want to end up walking the bike up the hill.

Buying A Tandem

Today you can choose from literally dozens of makes and models of high-performance tandem bikes. A few large shops carry more than one brand, but most carry just one company's line. Do some comparison shopping in your local bike shops, or pick up a copy of *Bicycling* magazine's annual *Buyer's Guide* (published in March), which now includes tandems.

Bike shop owners prefer to send each member of a prospective tandem team out on separate rides with an experienced salesperson-cyclist rather than let them take off together on their first test ride. Then when the team first rides together, it's more likely to be a positive experience. If possible, plan a test ride of 20 miles or more. It takes most tandem novices that long just to feel comfortable. ■

Inlaid wood? No, you just use straw

Straw creates intricate patterns on cards striking enough to frame (above). Bird, deer, and Christmas tree shapes are colored paper cutouts glued to white paper cards.

The intricate geometry of repeated golden shapes gives this array of cards, ornaments, and bolo tie the handcrafted appearance of marquetry. Instead of inlaying bits of wood into veneer, in these projects you cut and glue flattened straw onto paper or cutouts of wood. We adapted the technique from one used by New Mexican artists.

Collect oat or wheat straw from fields or purchase it from a florist or crafts store. Strip off leaves from the thick end of straw, and soak straw in a mixture of hot water and white vinegar (¼ cup vinegar per quart water). After at least an hour's soak, split and flatten the straw, following the steps below. So the smaller pieces won't disintegrate when cut, first glue tissue or tracing paper to the back of the strips; trim excess paper when dry. Lay out pieces as desired, then glue the pattern in place. To finish as a bolo tie, glue clips (from a crafts store) to back. ■

Bases of ornaments and bolo tie (right) are cut from ¼-inch-thick balsa or pine molding, then painted before straw is glued on. To hang ornament, screw tiny eye hook on top edge; suspend with clear thread.

NORMAN A. PLAT

After soaking, split the straw open with a seam ripper or fine-point crafts knife.

Iron strips flat and rub both sides with dull knife; glue strips to paper backing.

Cut strips into geometric shapes; plan a pattern; add drop of glue to each shape.

Position straw on paper or prepainted wooden shapes with crafts knife. Let dry.

Simple and sturdy gift toys

DARROW M. WATT

Dowels in two sizes make legs, chair back. You can drill holes freehand or use a portable drill guide. Sand corners round.

For anyone who enjoys working with wood, the sturdy truck and doll furniture shown here should make satisfying holiday projects. The toys are made from easy-to-cut pieces of fir or pine with dowels for legs, backs, axles, or railings, and require only finishing nails and wood glue to hold them together. You can use either electric or hand tools to cut, drill, and sand the simple shapes.

The furniture is the easier project. You can tackle it if you can make a straight cut and drill a hole.

The perfect hostess entertains her guests as they relax on furniture scaled for midsize dolls and stuffed animals. Chair backs and bed head- and footboards use ⅜-inch dowels for upright supports.

Pets go for a ride in sturdy, all-wood truck. Its bed is big enough to carry blocks, dolls, and other toys. Front license plate is a brass label holder; headlights are drawer pulls.

to build

Furniture for Dolls

For the table and chairs, you need 2 feet *each* of 1-by-12, 1¼-inch-diameter closet pole, and 1-by-2; two 3-foot lengths of ⅜- and ¾-inch dowels; and four 1-inch-diameter wooden drawer pulls.

Make the table's top and the chair seats by cutting the 1-by-12 into one 11-inch square and four 5½-inch squares. Cut the closet pole and 1-by-2 into four 5½-inch lengths. Cut the ⅜- and ¾-inch dowels each into sixteen 4-inch lengths.

Using glue and finishing

DARROW M. WATT

Bed frame has lines of string running through sides to support mattress.

nails, secure the closet-pole legs to the tabletop near its corners, 2 inches in from each side (to each leg's center point). Glue a drawer pull to the end of each leg. When glue is dry, sand the table's corners round.

Along a line ⅜ inch in from one edge of each chair seat, center four ⅜-inch holes 1 inch apart and ½ inch deep. Make corresponding holes in one edge of each 1-by-2, and glue four "rails" of ⅜-inch dowel between the seat and chair top. Turn the seat over and drill ½-inch-deep holes for the ¾-inch dowel legs. Center front legs 1 inch in from front and side, back legs 1 inch in from side and 1¼ inches in from back edge. Glue pieces together.

For the doll bed, you'll need 7 feet of 1-by-1; 2 feet of 1-by-3; two 3-foot lengths of ⅜-inch dowel; and sturdy string.

Cut the 1-by-1 into four 3½-inch, two 10-inch, and two 19-inch lengths. Cut the 1-by-3 in half crosswise and the dowels into sixteen 4-inch lengths. In each 10-inch 1-by-1, center and drill eight ⅜-inch holes, spaced 1¼ inches apart; drill corresponding holes in edges of 12-inch 1-by-3s. Center and drill seventeen ⅛-inch holes through each 19-inch side. Assemble frame, adding end pieces and 3½-inch legs. String frame as shown above. (For easier threading, stiffen string end with glue.)

All-wood Pickup

Our 20-inch-long truck has a cab big enough to hold dolls or stuffed bears. It's made from one 6-foot length of clear pine 1-by-12, two 3-foot-long ⅜-inch dowels, and one 3-foot length of ¾-inch dowel. We added two drawer pulls for headlights and a 2-inch-diameter wooden wheel for the steering wheel.

The most difficult jobs are making the two side window cutouts and rounding the eight 5-inch-diameter wheels. Start window cutouts with a drill and complete with a saber saw. Glue and nail pairs of the wheel shapes together to make bulkier tires, then sand the edges smooth.

Clamp the sides (B in the sketches below) together and drill the ⅞-inch-diameter holes for the axles; drill each pair (for front and for back wheels) at one time so axles align perfectly. (The center points of the holes should be ⅞ inch from the bottom of each side piece.) Starting 1 inch from the back of the cab, drill nine ½-inch-deep, ⅜-inch-diameter holes at 1-inch intervals into the top edge of each side. Find the center of the railing tops (H) and drill corresponding holes of the same spacing and depth.

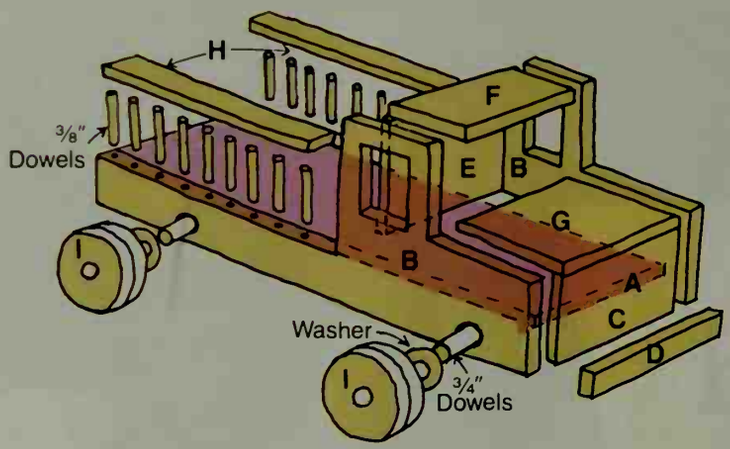
Following the exploded sketch, begin assembly by nailing the truck's bed (A) between the sides (B). The bed piece should fit flush at the top and rear but stop ¾ inch short of each side at the piece's front edge.

Nail the bumper (D) to the grille (C), and then screw or glue on the two drawer-pull headlights. To make the steering column, drill a ¾-inch hole through a small square of scrap wood and glue a 3-inch piece of ¾-inch dowel into it. Screw the small wooden wheel to the top and glue the wood square to the floor of the cab. Complete assembly by gluing and nailing in place the cab back (E), top (F), hood (G), and grille with bumper. Countersink the finishing nails, fill the holes with wood putty, and sand.

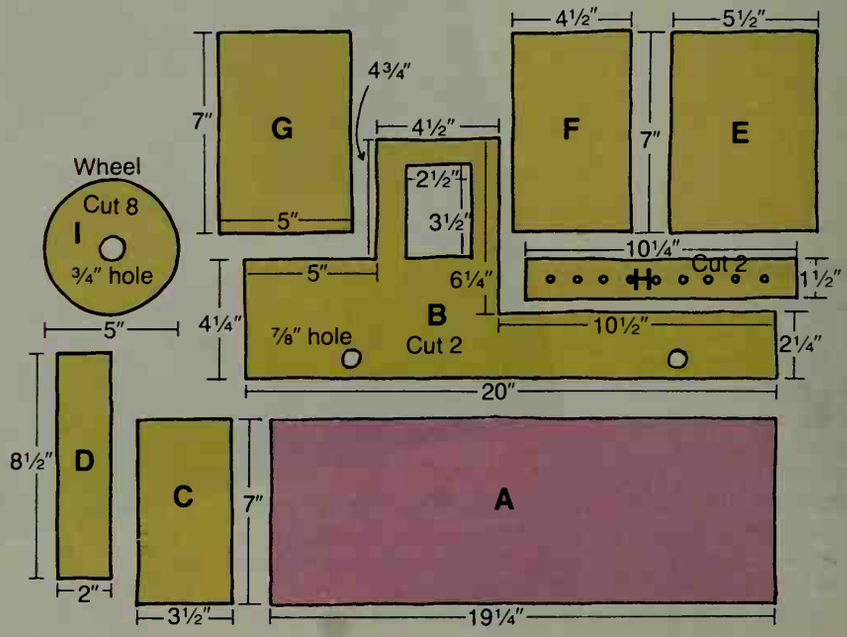
Cut the ⅜-inch dowel into eighteen 3¾-inch lengths. Glue these into the holes drilled in the railing tops (H) and the corresponding holes in the truck sides.

Center and drill a ¾-inch hole through each wheel, making sure not to drill at an angle. To keep the wheels from rubbing against the truck sides, we made 2½-inch-diameter "washers" from scrap ¼-inch plywood. Each washer has a ⅞-inch hole through its center. Cut the ¾-inch dowel into two 12½-inch lengths, run them through the truck body, slip on the washers, glue on the wheels, and sand.

Finish with penetrating oil sealer or clear polyurethane.



Truck parts are cut from one 6-foot 1-by-12, washers from scrap plywood. Axle holes must clear truck bed.



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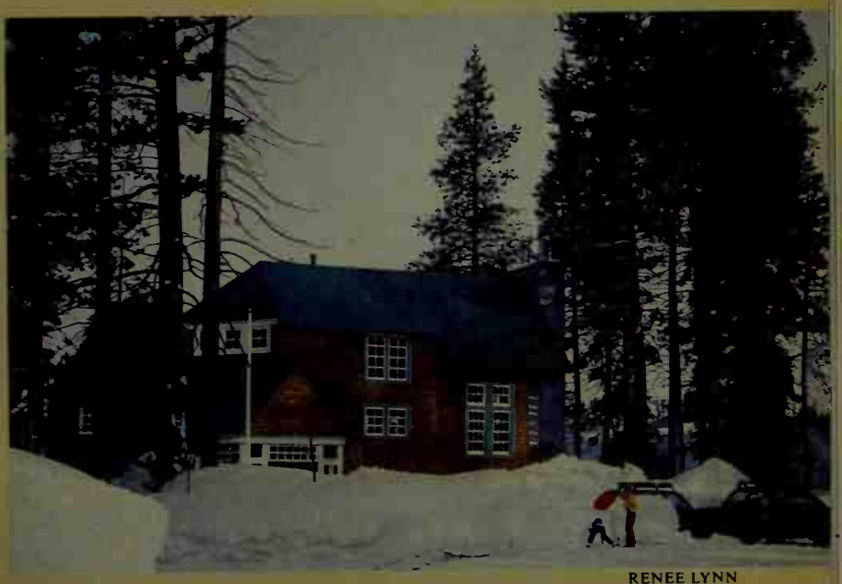
A HEARTH WITH HEFT

Timber mantelpiece, board-and-batten walls, and mirror create a rustic yet elegant refuge.

An alpine lodge for today

DESIGNED FOR HEAVY SNOW LOADS, SEISMIC SAFETY, AND CHALLENGING SETBACK REGULATIONS

Snowbound and serene. That's how it was last winter in this new vacation house near Soda Springs in the Sierra. The owners didn't mind



RENEE LYNN

STEEP METAL ROOF, *shingled walls, and massive concrete chimney recall Sierra lodges built in the early part of the century.*

being confined by the weather because the house is open, bright, and easy to keep warm. With its steep roof, massive fireplace, and shingled sides, it romantically recalls the kind of alpine lodge built around Lake Tahoe, California, in the early part of the century.

HEART OF PLAN *is single space combining living-dining area and kitchen.*

CHIC WINTER WEAR *is coolly modeled by visitor testing deck's snow load.*

RENEE LYNN

CENTRAL LOAD-BEARING *cedar-clad post and L-shaped buffet counter divide kitchen from living and dining areas.*

The 2,000-square-foot house occupies a north-facing, pie-shaped lot between two other houses in a subdivision on a small lake. Greenbelt and setback requirements were severe, and one of the neighboring houses had been built close to the property line. The challenge, according to San Francisco architect John Malick, was to get maximum light and privacy despite the constricted lot.

He achieved his objective by following the setback lines as closely as possible, creating a boomerang-shaped plan opening to a lakeside deck. The deck projects to the water's edge, giving the house's owners the sensation of sitting on a high dock.

Neither wing of the boomerang is wider than 14 feet. Windows face south toward the road and north toward the lake; windows on east and west sides are angled so they don't face the neighbors.

To capitalize on sunlight and views—especially during dark winter months when snow depths can reach 12 feet—Malick placed the main living areas on the second floor. He kept the main floor as open as possible by combining the living room, dining room, and kitchen into a single space oriented toward the deck; a low ceiling over the kitchen and dining areas visually separates them from the soaring living room beyond.

The living room is supported by an overscaled fireplace and chimney. Heavy snow loads—more than 460 pounds per square foot—and seismic safety dictated the use of massive, 18-inch-thick structural beams. Malick left the fir beams exposed, adding to the house's mountain-lodge character.

A winding entry doubles as an air lock and mudroom, used for stamping off snow and storing ski gear before reaching the main floor. ■

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aylighting

RIVACY, SEATING, ND VENTILATION PLACE OF A ONVENTIONAL INDOW

OMETIMES A window lets in ore than light and air. ne at designer Daryl ush's Piedmont, Cali- rnia, house also rought in views of the rufty side of a neigh- oring house. Rush de- ided to replace the indow with the float- ng wall you see below.

The wall, doubling s the back of a canti- evered window seat, pushes 18½ inches beyond the house wall and 9 inches past each side of the 67- by 73-inch interior opening. It also extends 24 inches above the top of the opening. While the solid back wall blocks views, a glass shed roof above and slender operable windows on both ends bring ventilation into the room and create an indirect neon-like glow on three sides.

A wide band of plaster frames the sides and top of the opening; stepped fir molding extends along the bottom edge of the window seat, which is topped with birch plywood.

WILLIAM HELSEL

NORMAN A. PLATE

Holiday Trick

TREE WATERING MADE EASY, AT THE AUTO PARTS STORE

LIVING OR CUT, Christmas trees need water, but getting it past ornaments and branches isn't always easy. A $2 to $3 outlay solves the problem. Pick up an extra-long automatic transmission fluid funnel at any auto parts store.

Workspace

PULL-OUT IS A HEAT-RESISTANT LANDING STRIP

ROLLING OUT ON heavy-duty glides, this drawer increases counter space. Its main use is as a trivet for hot pots, saving the laminate counters. Design: Chula Camp for Catherine Covey.

Children

A STREETSCAPE PREVENTS TUMBLES INTO THE TREE

RAMBUNCTIOUS dogs and toddlers have been the downfall—literally—of many a Christmas tree. But this one, in Laura Urseny and Steven Schoonover's Chico, California, living room, is safe behind the walls of a false-front painted plywood village. Originally built when Nathanial—now five—was just six months old, the village is still an effective barrier for him and Vonnya, a wild and crazy Samoyed.

Home Wiring

SAFETY FOR IN-USE OUTDOOR PLUGS

ELECTRICITY AND water are a potentially lethal combination, requiring extra care in how and where you plug in strings of outdoor lights. Exterior receptacles should be connected to a ground fault circuit interrupter (GFCI) located at the receptacle or in the circuit breaker. Don't run lights back into the house; indoor receptacles usually don't have GFCIs.

PETER O. WHITELEY

Electrical code requires that any outdoor receptacle be housed in a weatherproof enclosure. Most are metal flip-top covers. These are fine for briefly used, fair-weather appliances such as leaf blowers. But for Christmas lights or timers that will be plugged in for longer periods, you might wish to change the covers to the style shown at left.

Two manufacturers have lines of safety enclosures with deep lids and openings in the bottom for the cord. You insert the plug and close the lid. The UL-approved products are available in single- and two-gang styles (for two and four plugs). Look for them at electrical supply stores. For more information, call TayMac Corporation at (800) 526-5416, or Intermatic/Malibu at (815) 675-2321.

NORMAN A. PLATE

Details

MORE THAN A CANDLE BURNING IN THE WINDOW

A ROARING FIRE greets arriving holiday guests here, but the flames are a story up and encased in glass. The fireplace, in an upstairs study, has a glass back, creating a rather dramatic entry light when logs are burning in it. Los Angeles architect Nir Buras built the beacon window into his parents' Tucson house.

All around me the debate raged on. "It's because it has more front-seat leg room than a Mercedes 300," Willy said. But Steve, while not disagreeing, said, "What makes it a great car is the fuel efficiency." However, Paula had her own ideas. "It's the low price of entry that is so remarkable." Me, I kept my thoughts to myself. I knew they all were right. Only they had forgotten to mention the pure pleasure of driving a Suzuki Swift.® Responsive acceleration. Nimble handling. The chorus of voices continued. Finally, I stopped the discussion when I said, "We're here." Suddenly, everyone's joy turned to disappointment. Until I added, "We can talk about it tomorrow on the way to work. I'll drive my Swift again."

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P. SCHWEPKER, PHOENIX GAZETT

A FEW MORE STRINGS *than you'd be likely to use adorn this well-known and well-decorated house in Phoenix.*

What's up with holiday lights? Here's the 1991 news

New ways to hang strings outdoors, more options, words on safety

A THOUSAND POINTS of light punctuate many an outdoor holiday display, but getting those lights up easily and without defacing your house with staples or nails can be a trick.

Our pictures show you some temporary, reusable, and permanent hardware you'll find where you buy light strings. Most of these helpers cost between $2 and $5 a dozen. We also give you the latest word on lights and how to use them safely.

Lights fall into two groups: Standard sets (with screw-in bulbs) and miniature sets (with small push-in bulbs).

THE OLD STANDARDS: SCREW-IN BULBS

These sets are made like regular lamp cords, with two parallel wires. Each string has a regular two-prong polarized plug at one end, 15 or 25 C-7 or C-9 lights, and a receptacle plug at the other end so another set can be added in line. Lamps on standard sets

RENEE LYNN

Electrified and weatherproofed luminarias

Even classic New Mexican luminarias have been electrified, adding to the growing field of specialty outdoor lighting.

Clear, standard C-9 bulbs locked in plastic frames light these weatherproof bags. The frames can be secured to a lawn, roof, or wall with flanges molded into each base. Bags can be slid onto the frames upside-down to keep out rain or snow. Or they can be cut open to mimic the original luminaria: a votive candle set in sand in an open paper bag.

A set of 10 frames and bags costs $20 to $25; look for them in specialty stores or catalogs.

BAG SLIDES *over supporting frame. Top can be cut open or left sealed (put on upside-down) to keep out rain, snow.*

A REEL SIMPLE WAY *to store your lights, winder keeps strings tangle-free, reducing chances of breaking bulbs.*

IN-LINE TIMER *turns lights on when it gets dark, and shuts them off 3 or 6 hours later.*

GUTTER CLIPS *clamp on securely, then hold either socket or wire.*

LAWN STAKES *hold a row of lights close to the ground to mark a path or set border.*

THREE STYLES *of rooftop brackets hold standard or midget light sockets or wire. Flat tabs slip under most shingles.*

NORMAN A. PLATE

SUCTION CUPS *with a variety of hanger configurations let you mount lights on a smooth, clean surface—like glass.*

operate independently; if one is removed, all the others will continue to burn.

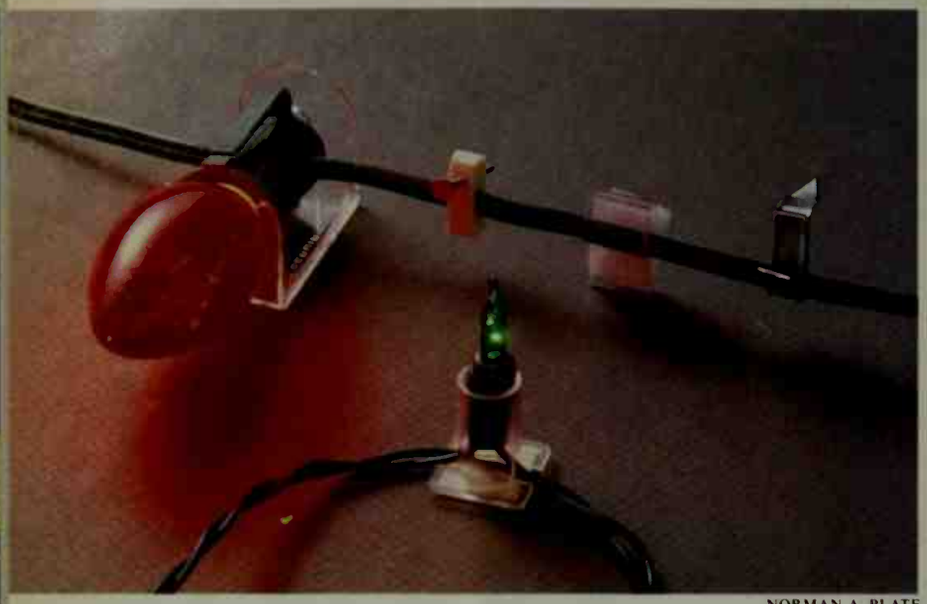
If a set is labeled indoor-outdoor, it likely uses C-7 bulbs. It's called indoor-outdoor because the bulbs generally burn cool enough for indoor use, though not necessarily to touch.

C-7 bulbs each use 5 to 10 watts, depending on the manufacturer. The larger, brighter C-9 bulbs use 7 to 10 watts each and are recommended just for outdoors, though they also meet UL's indoor-outdoor rating.

If you buy lights new, follow manufacturer's recommendations for number of strings that can be connected. For older sets, use a maximum of 75 C-7 bulbs if you know that all the bulbs are 5 watts. But wattage can vary greatly; if you don't know your bulbs' wattage, figure 50 bulbs maximum on any one line. Always figure 50 bulbs maximum for a line of C-9s.

Overloading the wires will at the least blow the string's fuse. If old sets (pre-1982) have no fuses, overloading could cause a fire. Check to see whether your strings have replaceable fuses; they're either built into the plug or into an in-line holder.

Standard strings usually are lit continuously, but you can use random twinkling replacement bulbs with both C-7s and C-9s (you can also buy new sets with all twinkling bulbs). You need only replace a third to half of the



NORMAN A. PLATE

PERMANENT HARDWARE *either tacks in place or uses double-sided tape, a hook-and-loop fastener (Velcro), or other adhesive. Hammered-on clips can be painted to match the house. To remove taped holders, cut them off, then rub off adhesive.*

bulbs on a string to get the twinkling effect.

MINIATURE LIGHTS: LOTS OF OPTIONS

The small-bulb midget sets can range from 10 to 160 bulbs. They're made with two to five wires, depending on what the lights can do.

Strings with few lamps use 6- or 12-volt bulbs; the bulbs are slightly larger than the 2.5- to 3.5-volt bulbs used in longer strings.

Some or all of the bulbs in midget sets are connected. This means that if one lamp is removed, some or all the lamps will go out. If any bulbs are loose or missing, the midget set won't light.

Each bulb has a shunt, so that if the bulb burns out the set keeps working, but only if all the bulbs are tight in their sockets. Replace burned-out bulbs as soon as you can, because remaining bulbs absorb the voltage previously consumed by a burned-out midget bulb, shortening bulb life.

Midget sets have an add-on plug so another set can be connected at the front of the string; some have a receptacle plug at the other end for stringing in line. Some sets are circular, which can make stringing nearly impossible; check before you buy. Battery-operated sets let you decorate without worrying about running an extension cord; these are generally for indoor use only, depending on the battery enclosure.

All midget sets are cool enough for indoor use. Unless they have some decorative feature (such as paint or glitter) that is inappropriate for outdoor use, they can be used outdoors as well.

Compared with standards, midgets generally have more lights per string, making more effects possible. Because more than 200 bulbs can be on one circuit, you can also string more sets together.

Nearly all midget sets come with one or more red-tipped flasher bulbs as spare bulbs. By placing a flasher bulb into the first socket in the midget string, all the other bulbs in that part of the string will flash together. The instructions on the package will tell you whether more than one flasher bulb is needed for that particular set.

Another type of midget set is random twinkle. In this set, half the bulbs are special lamps that twinkle independently; the other half are ballast lamps that protect the string and burn continuously.

Electronic sets have several circuits and a control that can cause the lamps in each circuit to flash or change brightness (fade in and out). Some flashing sets are called chasers because the lamps are arranged in line and appear to move, or chase each other. The control lets the user adjust the flashing speed. Other sets have a control that lets the user select not only the speed but also whether the lights flash, fade, or burn continuously.

Most midget sets have non-replaceable fuses built into the plug.

NEW CONFIGURATIONS, BULB COVERS

Midget lights usually are arranged in a straight line on a string. The string is stretched or coiled over the area to be decorated. A new electronically controlled set runs 16 branches of 10 lights each evenly spaced off a 7-foot main line. It's useful for rectangular areas like windows and railings, as well as trees and bushes.

Another new shape encloses a midget set in clear or colored tubing. The tubing lends the midget lights a greater degree of durability.

A whole range of slide-on embellishments is available for midget strings. Most of them are sold with a light string, but a growing number of manufacturers are selling them separately—like little lit ornaments. You can find everything from Santas and candy canes to chilies and bacon and eggs.

One of the cleverest sets uses midget lights with colored translucent plastic covers that look like standard bulbs, giving the look of a standard set with many more bulbs possible per string.

THE NITTY-GRITTY ON SAFETY

Always use UL-listed lights (sets with green labels are for indoor-use only; sets with red labels may also be used outdoors).

Check sets before using to be sure they weren't damaged in shipping or handling (or in handling since last season). Be sure the wire insulation hasn't been cut or scraped and that plugs and sockets aren't broken or cracked. Make sure no bulbs are loose, broken, or missing, especially on standard sets, since a set will still work with an open socket.

Never connect standard sets to a midget set, or a spotlight to any set: you'll overload the fuse. Never try to shorten, lengthen, or splice strings.

Unplug strings before replacing lights or fuses. Always use the specified fuse.

Don't test standard strings on carpeting or furniture; standard bulbs get hot enough to damage synthetic fibers or wood finishes. ■

How do you put up a really big tree?

We're interested in how you put really big cut trees inside. What kind of base do you use? How did you get a big enough reservoir? How do you keep the tree from tipping over? Send snapshots and descriptions to Big Cut Trees, *Sunset Magazine*, 80 Willow Rd., Menlo Park, Calif. 94025.

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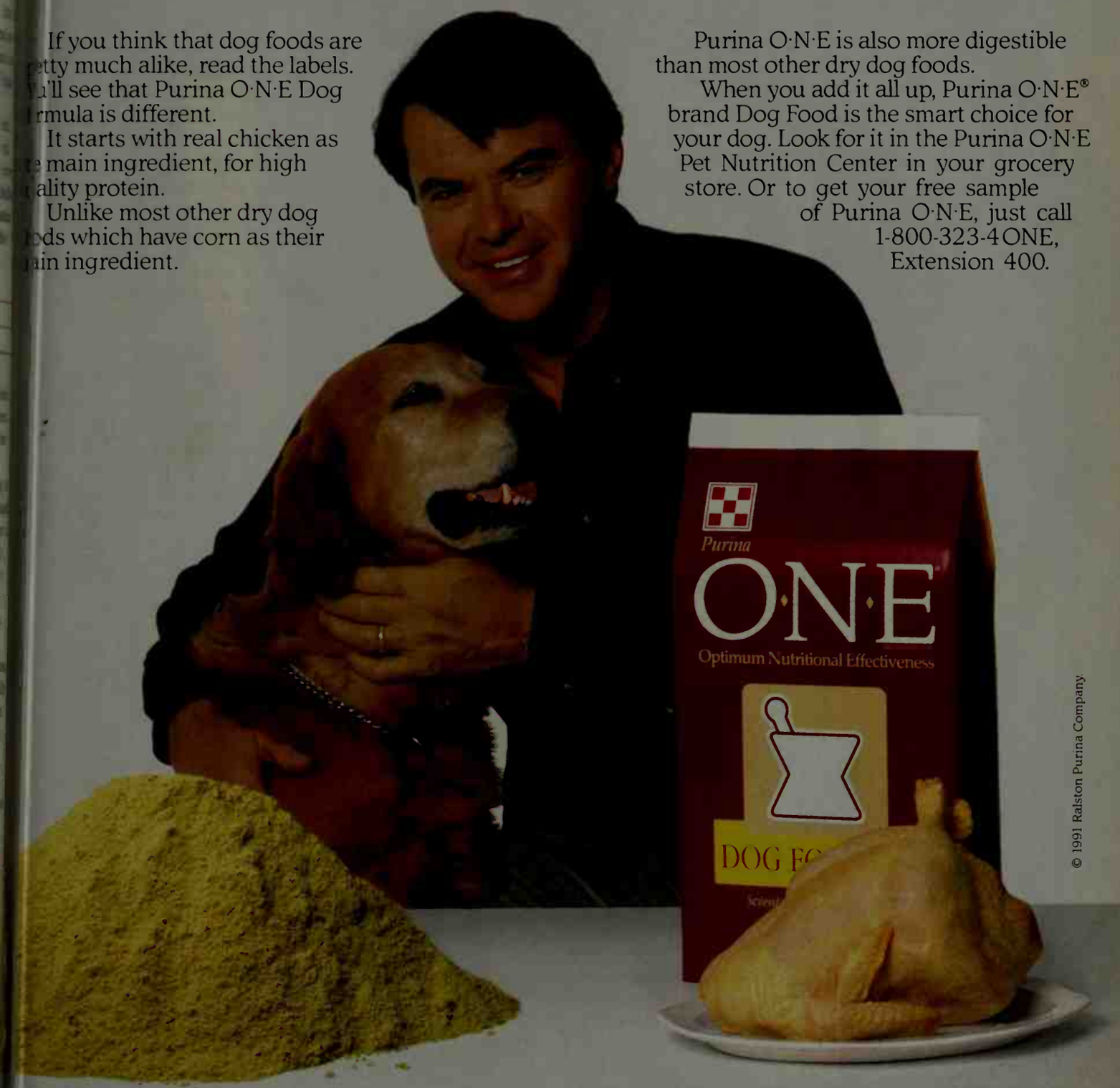

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DARROW M. WATT

BIG, TWO-SIDED CARDS *slip over the handles of brightly colored bags to close and decorate packages. To open bags, simply lift off the cards.*

Gift wrap idea: big bags with folded cards

WRAPPING WITH PAPER bags is an easy way to pack holiday gifts—especially odd-shaped ones. But finding a good way to keep the bags shut can provide a challenge for any gift-wrapper.

Here, large folded cards slip over bag handles to keep contents concealed. You can design individual cards to suit the personality of the recipient, and the cards' generous size allows plenty of space to write holiday greetings.

MATERIALS

You can find solid-color bags in various sizes at stationery and gift-wrap stores; small bags (5½ by 8½ inches) cost about 90 cents, larger ones (13 by 15 inches) $1.

For the cards, we used tag board, construction paper, and solid-color gift-wrap in colors that provided bold contrast to the bags. Also have on hand a craft knife for cutting. Pinking shears and a hole punch are optional (for the cat card, we used pinking shears; a hole punch made the dots on the necktie and the snowflakes over the jagged trees).

MAKING THE CARDS

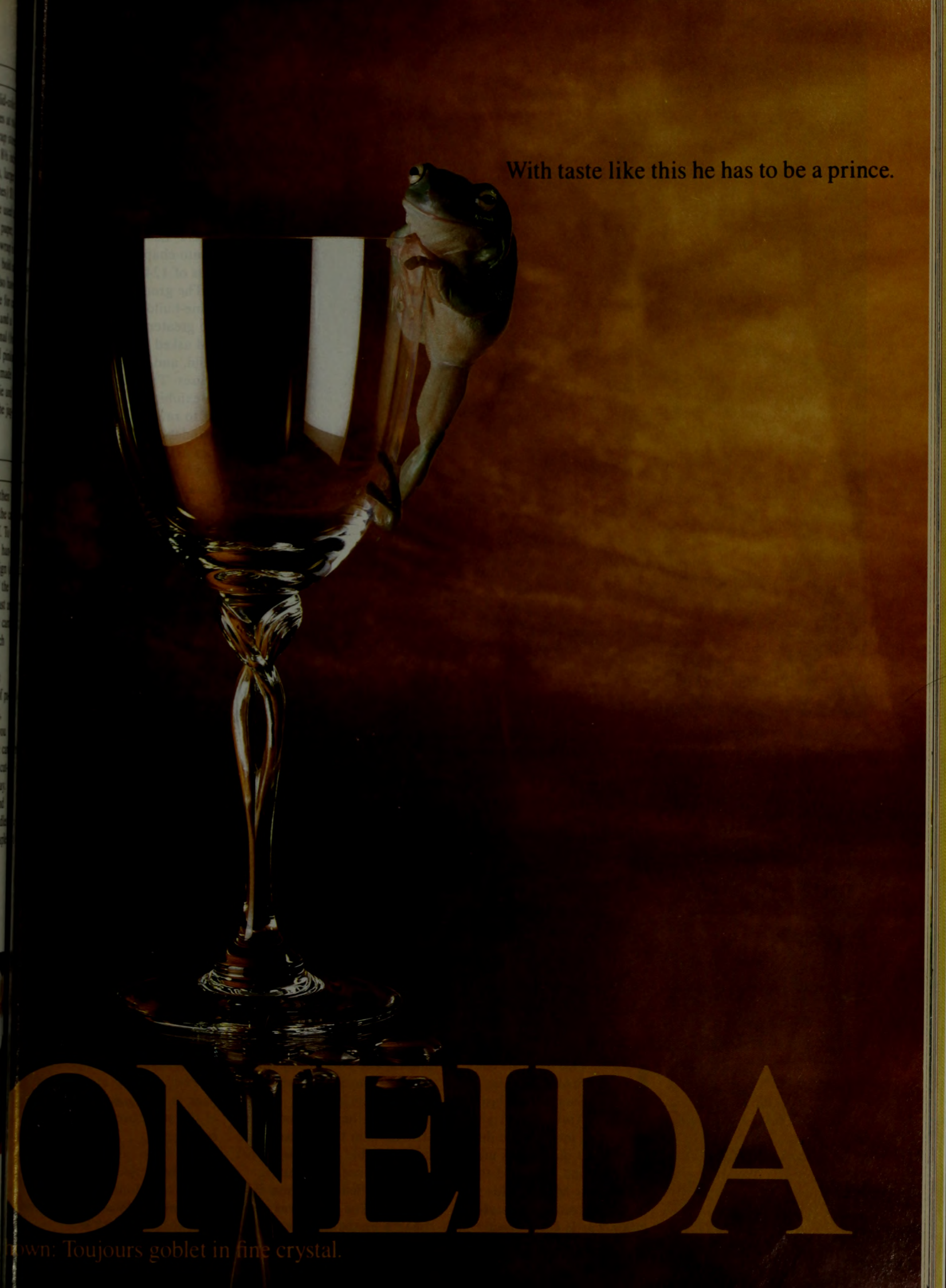
Measure your bag, then outline the design for the card on paper folded in half. To allow a slit for the bag handles, the top of the design (at the fold) should exceed the handles' width by at least an inch on either side. The card should be at least an inch shorter than the bag.

Cut the card's outline through the two layers of paper. Then cut out details, such as eyes and noses; you can leave the back of the card plain or make additional cutouts for a two-sided display.

Write your greeting, and slip the card over the handles of an appropriate bag. Staple it to foil pre-Christmas peekers. ■

CUT FOLDED PAPER *through both layers; cutouts (eyes, nose) can decorate one or both sides of card.*

TO CLOSE BAG, *slip card over handles. Decorative cutouts form windows, revealing color of bag beneath.*


With taste like this he has to be a prince.
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PETER O. WHITELEY

PLAYHOUSES *of all shapes were auctioned off at Arden Fair Mall last April, raising $70,000 for the Make-A-Wish Foundation.*

COMMUNITY ACTION

Sacramento builds fund-raising playhouses

FUND-RAISING TOOK A surprising twist in Sacramento last April. The bright colors and imaginative designs of 13 playhouses greeted shoppers and enlivened the Arden Fair Mall. Child-scaled mansions, fire stations, Ninja Turtle forts, farmhouses, and completely furnished Victorian houses filled the main enclosure.

Putting these custom-built structures in this unlikely but highly visible setting was part of an inspired fund-raising auction called Playhouse Parade '91. The effort was coordinated by the Sacramento chapter of the Make-A-Wish Foundation, an organization dedicated to fulfilling the wishes of children battling life-threatening diseases. It provides youngsters with opportunities to meet sports celebrities, visit Disneyland, even receive their own computers. Last year, the Sacramento chapter brightened the lives of 124 children.

The group approached home-building businesses in the greater Sacramento area and asked them to design, build, and donate the playhouses. The structures would be exhibited, then auctioned off to raise money for the foundation. Thirteen companies agreed to participate, and a community-wide network of tradespeople shared expenses and skills.

The resulting playhouses were as well finished as most houses—with custom windows (acrylic panes instead of glass), complete but scaled-down doors, elaborately shingled roofs, top-of-the-line floor coverings and moldings, and carefully painted interior and exterior walls. The furnishings were custom-crafted.

The builders were asked to make the playhouses portable, since they had to be fabricated, moved to the mall, and then moved again after being sold at the auction. The main section of each playhouse could be no higher than 6 feet and no larger than 8 by 10 feet, but additional sections could be used.

After a month on display in the mall, the playhouses were put up on the block and auctioned off for a total of $70,000. The most elaborate structure, a reproduction of the Stanford Mansion by Larchmont Homes, attracted the highest bid: $10,000. It will be installed at a public park in Sacramento. The rest of the structures headed for back yards.

For more information on how this project was organized, call Ronnie Saacke of the Make-A-Wish Foundation at (916) 448-9474. ■

LIMITED OFFER

"Go in and Win!"—Artist John Sheridan, who illustrated fiction that appeared in *Sunset Magazine* in its early days, captures a tense moment in the traditional struggle between the Cardinal and the Blue and Gold.

This special commemorative poster has been recreated to honor the 100th anniversary of Stanford University. Available to our readers in a very limited edition, the poster measures 19" x 27". It is printed on quality paper suitable for framing, and will be mailed to you in a heavy cardboard tube.

To order, use this coupon—or print the information on a card and mail with your check for $8.95 plus applicable tax and postage/handling. Orders will be filled on a first-come, first-served basis. Allow 4–6 weeks for delivery.

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NAUTICAL GEAR, *books, and bags fill Seattle's Wooden Boat Shop.*

BEN DAVIDSON

Gift shopping at a marine supply store

INFLATABLE BOAT FENDER *and tough marine rope make a durable swing.*

WHETHER YOU OWN a boat or not, it's fun to browse in a marine supply or salvage store. Among the surprising variety of goods found at them, you may discover those unusual holiday gifts you've been searching the high seas for.

Most goods for marine use are made of long-lasting materials, including stainless steel, brass, bronze, and high-quality weatherproof cloth.

You'll find handsome brass wall clocks and barometers, antique-looking oil lamps, and durable all-weather items such as compasses, binoculars, and stainless steel barbecues. Other possible gift items include nautical books, soft canvas tool bags, woodworking tools, foul-weather clothing, and traditional cotton or wool sailing hats.

With a little imagination, you can invent new uses for many of the items you'll find. For instance, a watertight canvas bag works well as an ice-filled wine bucket; a bronze or stainless steel cleat makes an unusual door pull or towel holder; a brass-rimmed porthole can be a tabletop or window; stainless steel wire can be used as deck railing; and heavy-duty marine line secured to a plastic boat fender makes a children's swing (see picture at lower left).

Marine salvage stores, filled with thousands of items pulled from salvaged ships or boats, are even more interesting to visit. Many offer functional finds whose attractive antique quality is simply decorative. You're likely to find piles of portholes, ships' wheels and china, Japanese fish floats, framed stateroom plans, telescopes, old lamps and lights, and teak railings.

BRONZE DECK LIGHT *is now landlubber's walkway beacon.*

WHERE TO FIND MARINE STORES

Look in the telephone book yellow pages under Marine Equipment and Supplies. If you live far from the coast and don't find such listings locally, call telephone information for your nearest port city. Many stores have catalogs they can send you. ■

CANVAS RIGGING BAG *doubles as ice-filled wine porter.*

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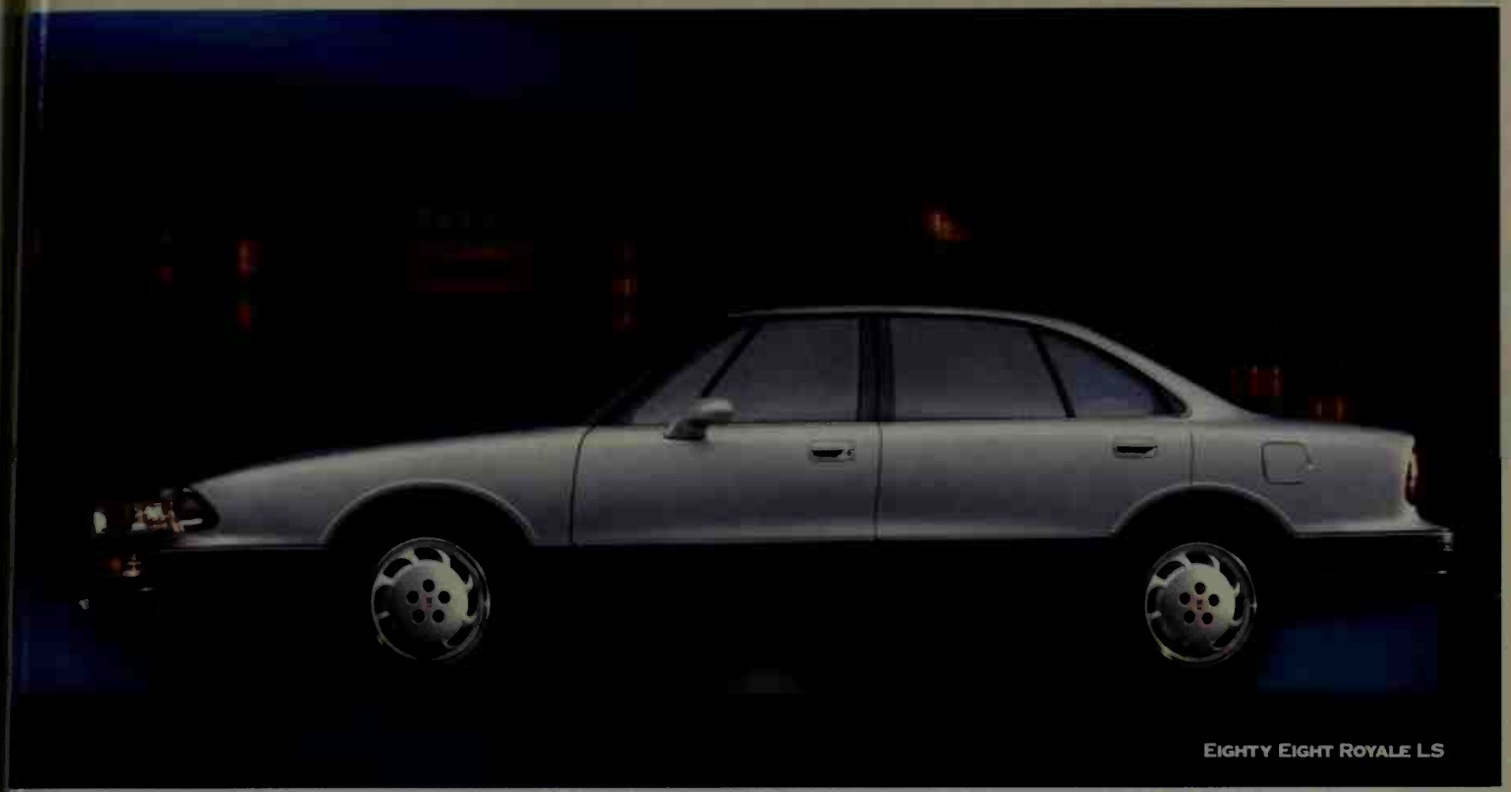

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THE POWER OF INTELLIGENT ENGINEERING.

GOLD AND COPPER *add glistening accents to this table setting. Placemat is shape of two overlapping squares. Three oak-leaf cutouts glue to loop of screening for napkin ring.*

Creating minor wonders with mesh screening

Spray-paint it, cut it out . . . for ornaments, placemats, napkin rings, and more

ALCHEMISTS WILL delight in this crafts project, which turns ordinary products into objects that sparkle with the rich colors of precious metals. You start with aluminum mesh screening, spray-paint it silver or gold, then outline and embellish it with fabric paint. You then cut out shapes that become delicate ornaments, napkin rings, gift bags, plant wraps, candle holders, and placemats.

The key to the transformation is the squeeze-bottle paint, which is sold at crafts stores (about $2 per 1-ounce bottle). The paints, mainly used for decorating fabric (T-shirts and sneakers are popular canvases), come in a variety of colors and textures. Look for shiny metallic paints, glitter-filled paints, "puff" and "slick" paints. ■

FOR TREE AND GIFTS, *shapes of screen can be painted, outlined, cut, formed, then hung from boughs or boxes. Masking a flower pot is a gathered bag made from a 16-inch circle and an inner cellophane lining.*

TO PAINT SCREEN *for pouch, stretch it over wood frame and spray. Ten-inch circle under frame is pattern.*

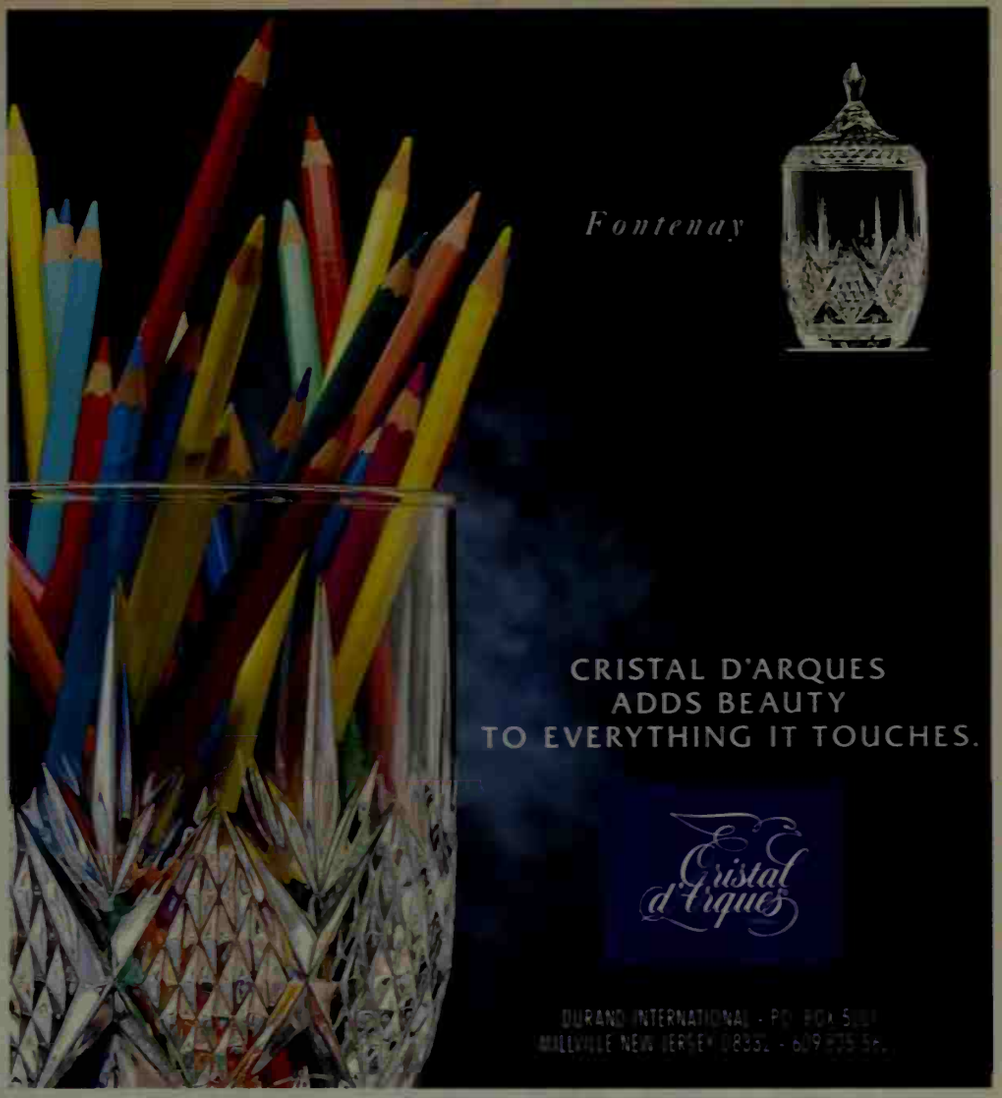
SQUEEZE ON PAINT, *making a ⅜-inch band on outside. Keep screening stretched on frame until paint dries.*

CUT WITHIN BORDER *so edge of screen is masked and sealed. Use metal-cutting scissors.*

TO FORM POUCH, *loosely gather pleats 1½ inches below edge. Squeeze screen to shape; hold with decorative ribbon.*

NORMAN A. PLATE

LINED WITH CELLOPHANE.
the decorated screen pouch becomes an elegant and reusable gift bag.



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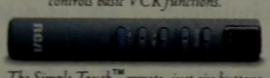

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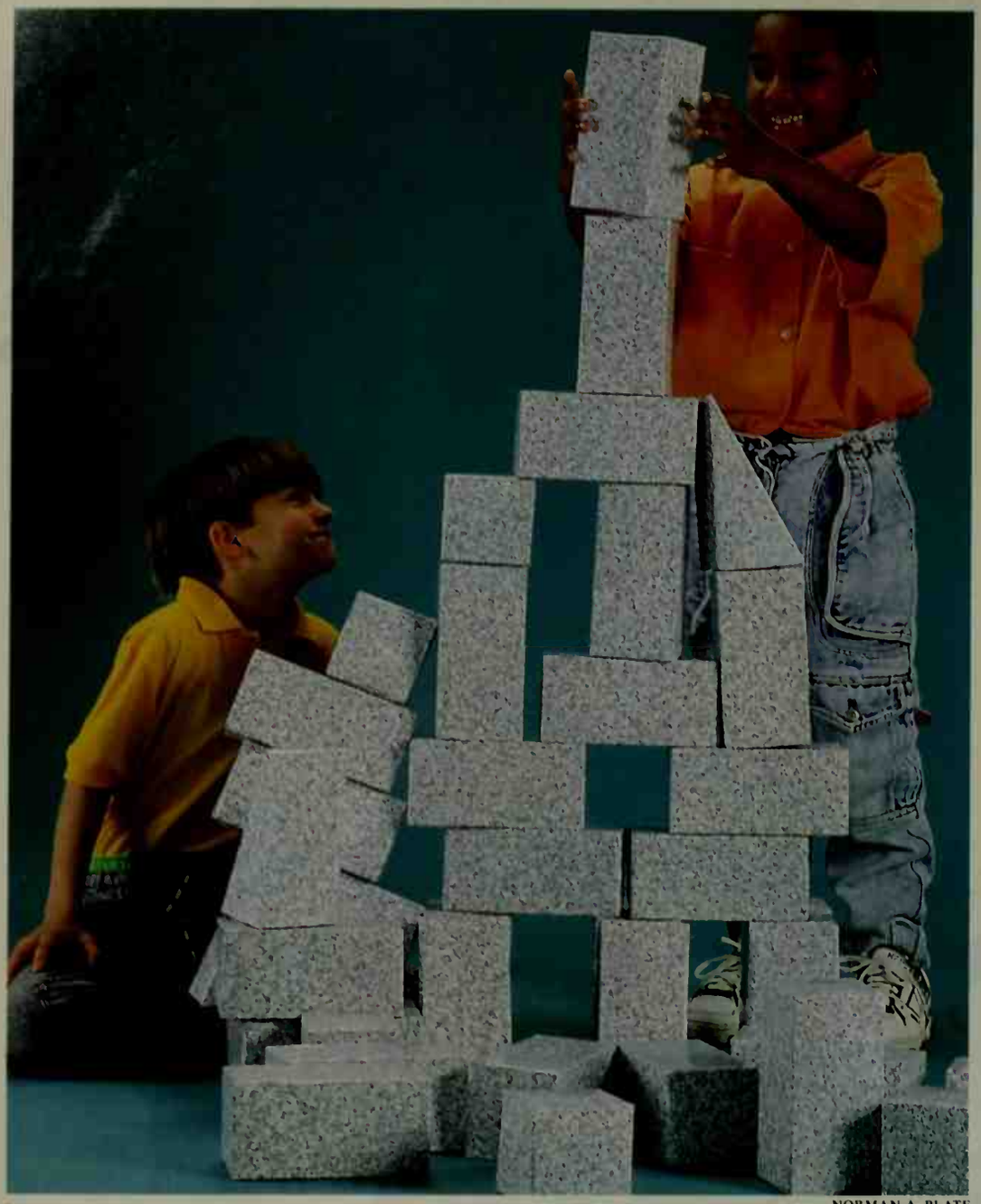

NORMAN A. PLATE

WOULD-BE MEDIEVAL ARCHITECTS *construct a castle with lightweight "granite" blocks. Walls can tumble without injuring builders.*

Milk-carton architecture

With half-gallon cartons and contact paper, it's easy to make "granite" blocks

TOYS FROM TRASH? It's time to have some fun with your recycling. Half-gallon milk cartons can be easily transformed into sturdy, inexpensive, and remarkably realistic-looking granite building blocks like the ones shown here. They might even get your kids to drink more milk: the more they drink, the more blocks they get.

Rinsed, dried cartons are easy to cut and fold into three basic block shapes—rectangles, cubes, and wedges.

With one standard (18-inch by 12⅓-foot) roll of contact paper, you should be able to cover 21 blocks, 4 cubes, and 4 wedges.

You can buy contact paper, which has an adhesive backing, at hardware stores and at many supermarkets. The paper comes in a variety of textures and patterns, such as wood, marble, stripes, checks, and solid colors.

For the building blocks, follow the step-by-step directions here. Before taping down the tops of the cartons, you might put a handful of sand or gravel inside for the sound effects and to give the blocks a little more stability. Keep them on the light side, however, to make high-rise

1 *Open tops of rinsed and dried, ½-gallon cartons, then cut down the corners of the carton to the tops of sides.*

2 *Fold each carton flap down to form a flat surface. Use tape to lightly seal the top flap closed.*

3 *Wrap the carton with a 12-inch strip of 18-inch-wide contact paper. Center carton before wrapping.*

4 *Cut ends of contact paper diagonally from corners, then fold over to seal as shown, smaller tabs first.*

5 *For wedge blocks, cut cartons from upper to lower corners and fold one side inward. Trim off excess.*

6 *To make cubes, cut down cartons to 7 inches tall, then cut 3¾-inch-long flaps and tape shut.*

construction—and its demolition—risk-free for young engineers and their household surroundings. ■

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Even in the worst weather, you can still drop off the kids, do the shopping, pick up the laundry, take the dog to the vet, stop by the bank, pick up the kids, go to the post office and take the kids to piano lessons. Sorry.

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December Menus

QUICK, SEASONAL, AND BUDGET-WISE . . . FOR FAMILY AND FRIENDS

During this busy entertaining season, be kind to the cook with simple but special meals for all to enjoy. Offer cheddar scones and warm apples with frozen yogurt for breakfast. Bake sausages and pasta in one pan for supper. Or celebrate with a festive but easy meal of roast beef.

CHRISTMAS BREAKFAST (at right)
Gather the family and enjoy a meal full of whimsical shapes such as the cooky-cutter scones and fancy molded frozen yogurt. Eat with spiced apples, bacon, and cranberry cider.

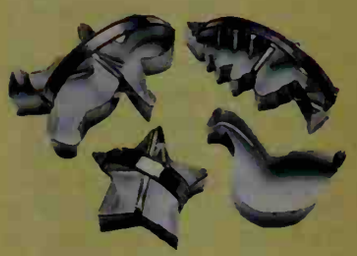
ONE-PAN PASTA SUPPER (page 130)
Sausages and onions bake first to intensify flavors. Tomatoes and pasta are added for a one-pan oven dinner.

HOLIDAY ROAST DINNER (page 132)
For family or friends, cool cucumber and radish salad accompanies small beef tri-tip roast and couscous with peas.

THE DETAILS

Zest Cutters

Vegetable peeler, stripper, zester, and box grater cut orange peel into strands.



Cutter Choices

Cooky cutters shape scones, double as napkin rings, and make good stocking stuffers.

Frozen Yogurt Molds

Fill chocolate molds, metal or plastic, with frozen yogurt; freeze for fancy shapes.

Sculpted Butter

Wooden molds or paddles form fancy butter shapes. Mold softened butter; chill.

GLENN CHRISTIANSEN

CHRISTMAS BREAKFAST

Cinnamon Apples with Molded Frozen Yogurt

Cheddar Scone Cutouts

Butter and Jalapeño Jelly

Crisp Bacon

Hot Cranberry Cider

For a festive breakfast on Christmas morning, serve this meal with special treats and fanciful shapes of molded frozen yogurt and butter, and scones designed with a cooky cutter.

Mold frozen yogurt and butter up to a few days ahead. In the morning, bake apples; let them cool as you make the scones and cook the bacon. Heat cider; add thin strands of orange peel (see page 129 for tools to cut them) for flavor and garnish.

To shape butter. Chill wooden butter molds or paddles (see page 129) in ice water for 10 minutes. Fill molds with softened butter or margarine; smooth top. Chill or freeze until firm, then release butter from mold. Or roll cubes or sticks of butter between paddles to form balls or logs, then immerse in ice water. Chill shaped butter airtight up to 4 days.

Cinnamon Apples with Molded Frozen Yogurt

- 1 to 2 pints vanilla frozen yogurt or ice cream, slightly softened
- ¼ cup (⅛ lb.) butter or margarine, cut up
- ½ cup firmly packed brown sugar
- 1 tablespoon lemon juice
- 1 teaspoon ground cinnamon
- 4 large (about 2 lb. total) Golden Delicious apples

Solidly pack frozen yogurt into molds (about ⅓-cup size; see page 129 for choices), level, and freeze until yogurt is firm, at least 3 hours or up to 4 days.

To unmold, quickly dip mold in hot water; open and remove yogurt (pry loose, if needed). Serve or freeze, airtight, in a single layer up to 2 days. Or instead of molds, scoop frozen yogurt to make balls.

Melt butter in a 10- by 15-inch baking pan in a 400° oven, about 1½ minutes. Stir in 2 tablespoons water, sugar, juice, and cinnamon.

Peel, core, and thinly slice apples; add to pan and stir to coat with sugar mixture. Bake until fruit is slightly tender when pierced, 20 to 30 minutes. Cover to keep warm. Serve apples and juices slightly warm or at room temperature with frozen yogurt. Serves 4.

Per serving: 433 cal.; 4 g protein; 14 g fat (8 g sat.); 78 g carbo.; 131 mg sodium; 36 mg chol.

Cheddar Scone Cutouts

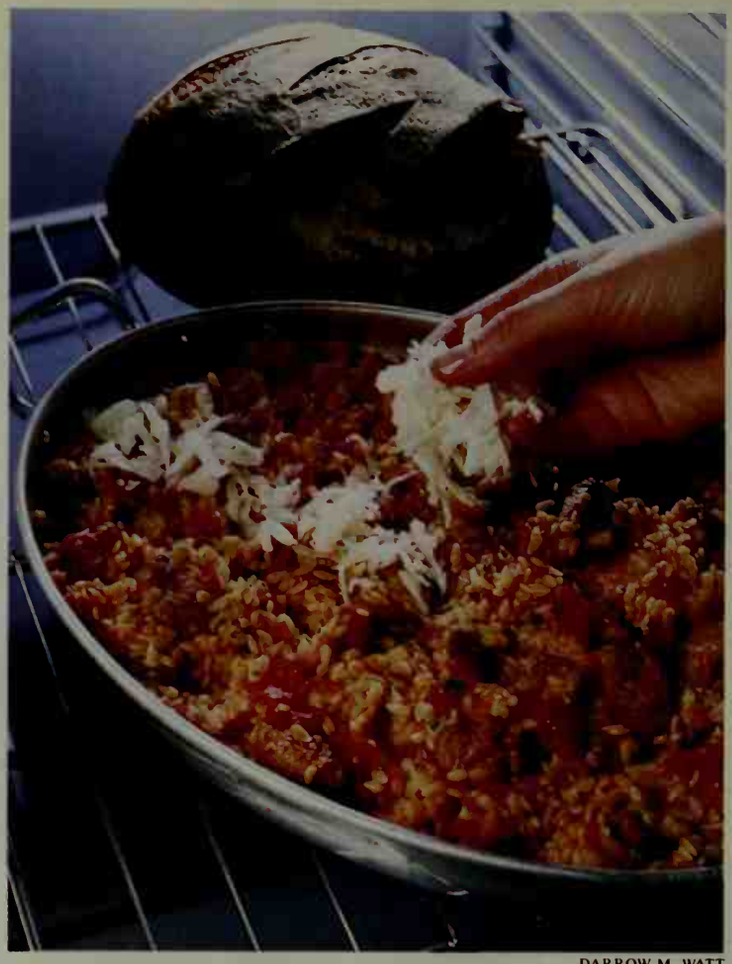
- About 2 cups all-purpose flour
- 1½ cups (5 oz.) shredded sharp cheddar cheese
- 1 tablespoon sugar
- 2 teaspoons baking powder
- 1½ teaspoons cumin seed
- ¾ cup sour cream
- ¼ cup salad oil
- 1 large egg

In a large bowl, mix flour, cheese, sugar, baking powder, and cumin. In a small bowl, beat sour cream, oil, and egg to blend. Add egg mixture to flour mixture; stir just enough to moisten evenly. Scrape dough onto a lightly floured board and knead lightly 10 turns.

On a greased and lightly floured 12- by 15-inch baking sheet, pat dough into an 8- by 12-inch rectangle. Dip cooky cutter (2- to 3-in. size) in flour, then cut out dough. Carefully lift cutout with cutter, to preserve the shape (use a spatula, if needed). Transfer cutout to a second greased and floured 12- by 15-inch baking sheet. Carefully push dough from cutter. Repeat to make 6 cutouts, about 1½ inches apart on dough (set cutouts on second pan at least 1½ in. apart).

Bake both pans in a 350° oven until richly browned, 30 to 40 minutes (remove individual scones if they begin to darken too much). If using 1 oven, switch pan positions halfway through baking. Transfer loaf and small scones to basket and serve hot, warm, or at room temperature. Makes 1 pound of scones (loaf and cutouts), about 6 servings.

Per ounce: 162 cal.; 5 g protein; 9.7 g fat (4.2 g sat.); 14 g carbo.; 130 mg sodium; 29 mg chol.



DARROW M. WATT

TOMATO-ACCENTED *pasta bakes with sausage in this one-pan oven meal; top with cheese. Warm bread in same oven.*

ONE-PAN PASTA SUPPER

One-pan Tomato and Sausage Pasta

Spinach Salad

Sourdough Bread with Fruity Olive Oil

Sparkling Water or Chianti

Tangerines

Amaretti or Crisp Almond Cookies

For a simple meal, bake sausage and onions to brown and develop flavor. Then add tomatoes, broth, and pasta; cover and return to oven until pasta is tender, then top with cheese.

Warm bread as casserole bakes. Meanwhile, make your favorite spinach salad.

For dessert, offer fruit and crisp Italian cookies.

One-pan Tomato and Sausage Pasta

- 1 can (28 oz.) tomatoes
- About ¾ cup regular-strength beef broth
- 1 pound mild Italian sausages, cut into ¼-inch-thick slices
- 2 large (about 1 lb. total) onions, minced
- 2 teaspoons dried basil
- ¾ pound (about 1½ cups) dry rice-shape or other tiny pasta
- ¼ to ½ cup shredded mozzarella cheese

Break tomatoes with a spoon, then drain juice well from tomatoes into a 1-quart measure; reserve tomatoes. Add broth to juice to make 3 cups; set aside. Place sausages and onions in a shallow 2½- to 3-quart casse-

"It is better to give than to receive—with two notable exceptions."

Jeff Smith, *The Frugal Gourmet*

Columbia Crest Merlot and Cabernet Sauvignon remind me of the great red wines from Bordeaux. In fact, their Merlot is the most popular in America. Both are richly rewarding gifts for yourself or others.

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role. Bake in a 450° oven, stirring and scraping browned bits occasionally, until sausages and onions are well browned, 1 to 1½ hours; drain off fat.

Remove dish from oven and add tomatoes, broth mixture, and basil. Stir and scrape to release any browned bits. Continue baking until mixture boils, about 10 minutes. Add pasta; stir to moisten. Cover dish tightly with foil; bake until liquid is absorbed and pasta is tender, about 15 minutes. Sprinkle with cheese. Makes 4 to 6 servings.

Per serving: 457 cal.; 22 g protein; 17 g fat (5.8 g sat.); 55 g carbo.; 750 mg sodium; 47 mg chol.

HOLIDAY ROAST DINNER

Beef Tri-tip Roast with Couscous and Peas

Green and Red Salad

Cabernet Sauvignon

Chocolate Cake

Serve this easy but company-worthy dinner for family or friends.

Red wine, Chinese hoisin sauce, garlic, and coriander coat this beef roast and season the couscous. The roast cooks in less than 45 minutes. Meanwhile, make the salad. When roast is done, transfer meat to a board; keep warm. Use roasting pan to prepare couscous.

Chocolate cake, purchased or homemade, adds a sweet finish.

Beef Tri-tip Roast with Couscous and Peas

- 1¾ pounds boneless beef triangle tip (tri-tip) or top round roast
- ½ cup dry red wine
- 2 tablespoons hoisin or soy sauce
- 2 cloves garlic, minced or pressed
- ½ teaspoon ground coriander
- About 2¼ cups regular-strength beef broth
- 1½ cups couscous
- 1 package (10 oz.) frozen petite peas, thawed
- ¼ cup sliced green onion
- Fresh parsley sprigs
- Salt and pepper

Trim and discard any excess fat from roast; rinse meat and pat dry. Set meat in an 8- by 12-inch metal roasting pan.

In a bowl, combine wine, hoisin, garlic, and coriander. Brush wine mixture evenly over roast. Bake in a 425° oven, brushing 4 times with mixture (if pan drippings begin to burn, add 4 to 6 tablespoons water to pan and scrape browned bits free). Reserve any remaining wine mixture. Roast until a thermometer inserted in thickest part registers 125° for rare, 35 to 45 minutes. After 25 minutes, check temperature every 5 to 10 minutes.

Transfer meat to a board; reserve all meat juices. Let roast stand, loosely covered.

Measure meat juices and remaining wine mixture; add broth to make 2¼ cups total. Pour into roasting pan; bring to a boil over medium-high heat; stir and scrape browned bits free.

Add couscous; stir until boiling. Cover pan very tightly with foil. Let stand until liquid is absorbed, about 5 minutes. Stir in peas, onion, and any newly accumulated juices from roast on board.

Arrange meat and couscous on platter. Garnish with parsley. Add salt and pepper to taste. Serves 4 to 6.

Per serving: 388 cal.; 39 g protein; 4.9 g fat (1.6 g sat.); 44 g carbo.; 311 mg sodium; 76 mg chol.

DARROW M. WATT

SERVE THIN SLICES *of roast beef with couscous flavored with pan juices and basting sauce from meat.*

Green and Red Salad

- 2 large (about 2½ lb. total) European cucumbers, rinsed, ends trimmed
- About ½ pound radishes, rinsed, stems and leaves removed
- Vinaigrette (recipe follows)
- 4 to 8 large leaf lettuce leaves, rinsed and crisped
- Salt and pepper

Finely shred cucumbers, then radishes (keep separate); drain well. Pour ⅔ of vinaigrette over cucumbers and remaining ⅓ over radishes; mix to coat.

Line each of 4 plates with 1 or 2 lettuce leaves. Mound equal portions of cucumber on each plate. Top with radishes. Add salt and pepper to taste. Serves 4 to 6.

Per serving: 102 cal.; 1.4 g protein; 7.5 g fat (1 g sat.); 8.8 g carbo.; 163 mg sodium; 0 mg chol.

Vinaigrette. In a bowl, beat to blend ¼ cup **white wine vinegar,** 3 tablespoons **olive oil,** 2 tablespoons **Dijon mustard,** 2 teaspoons **dried tarragon leaves,** and 1 teaspoon **sugar.** ■

To use our nutrition information

Sunset recipes contain nutrition information based on the most current data available from the USDA for calorie count; grams of protein, total fat (including saturated fat), and carbohydrate; and milligrams of sodium and cholesterol.

This analysis is usually given for a single serving, based on the largest number of servings listed for the recipe. Or it's for a specific amount, such as per tablespoon (for sauces), or by a unit, as per cooky.

The nutrition analysis *does not include* optional ingredients or those for which no specific amount is stated (salt added to taste, for example). If an ingredient is listed with an alternative—such as unflavored yogurt or sour cream—the figures are calculated using the first choice. Likewise, if a range is given for the amount of an ingredient (such as ½ to 1 cup butter), values are figured on the first, lower amount.

Recipes using regular-strength chicken broth are based on the sodium content of salt-free homemade or canned broth. If you use canned salted chicken broth, the sodium content will be higher.

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PETER CHRISTIANSEN

DELICATE DUNGENESS *sits atop cool pasta dressed with rice vinegar, lemon peel, and sesame oil. Emerald green sauce starts with basil and cilantro, blanched to prevent darkening.*

Stretching crab elegantly

With emerald sauce and cool pasta. Or with roasted fennel lasagne

THIS THE SEASON TO enjoy one of the West Coast's special delicacies—Dungeness crab. But even at its peak time, shelled cooked crab can be costly for entertaining. These two elegant entrées stretch a small amount of crab among several guests.

Crab with Emerald Sauce

- ½ pound fresh basil, rinsed (or 6 oz. spinach and ¼ cup dried basil)
- ¼ pound fresh cilantro (coriander), rinsed
- 8 ounces dry angel hair pasta
- ¼ cup seasoned rice vinegar (or ¼ cup rice vinegar mixed with 1 teaspoon sugar)
- 1 tablespoon Oriental sesame oil
- 1 tablespoon minced lemon peel
- ¾ cup regular-strength chicken broth
- 2 tablespoons salad oil
- ⅓ to ½ pound shelled cooked crab, rinsed and drained

Reserve 4 of the prettiest basil or cilantro sprigs for garnish; cover and chill.

Bring 3 quarts water to a boil in a 5- to 6-quart pan over high heat. Gather half the remaining fresh basil or spinach into a bunch. Holding with tongs by stem ends, dip leaves into boiling water just until they turn bright green, about 3 seconds. At once plunge basil into ice water. Repeat with remaining basil and cilantro.

Add pasta to water and cook until tender but still firm to bite, about 3 minutes. Drain, rinse with cold water, then drain well. Place pasta in a bowl. Add vinegar, sesame oil, and peel; mix well.

Drain basil and cilantro; blot dry. Cut leaves from stems; discard stems. Place leaves in a blender or food processor with dried basil (if spinach is used), broth, and oil; whirl until very smooth.

Divide sauce among 4 wide, rimmed plates; spread it out to rim. Mound ¼ of the pasta and crab on each plate. Garnish with reserved sprigs. Serves 4.

Per serving: 378 cal.; 18 g protein; 13 g fat (2 g. sat.); 49 g carbo.; 164 mg sodium; 37 mg chol.

Crab Lasagne with Roasted Fennel

- 2¼ pounds (about 2 large heads) fennel, ends trimmed
- 2 large (about 1 lb. total) onions, thinly sliced
- ¾ pound mushrooms, sliced
- 2 cups regular-strength chicken broth
- 8 ounces dry lasagne noodles
- 2 cups low-fat milk
- ¼ cup dry sherry
- ¼ cup cornstarch mixed with ⅓ cup water
- ½ pound (about 2 cups) shredded fontina cheese
- ¾ to 1 pound cooked shelled crab, rinsed and drained

Thinly slice fennel crosswise; reserve feathery tops. In a 12- by 14-inch roasting pan, mix fennel, onions, and mushrooms. Roast, uncovered, in a 475° oven, stirring occasionally, until browned bits form on pan bottom, about 45 minutes.

Add ½ cup broth, stir to scrape browned bits free, and continue roasting until browned bits again form in pan, about 20 minutes. Repeat process once more until vegetables are well browned. Add ½ cup broth and stir to loosen browned bits; keep warm. (Or, if made ahead, cool, cover, and chill up until next day. Reheat, uncovered, in a 400° oven until vegetables are hot, 5 to 10 minutes.)

Meanwhile, bring 3 quarts water to a boil in a 5- to 6-quart pan over high heat. During vegetables' last 10 minutes of roasting, add noodles to water and cook until just tender to bite, about 10 minutes. Drain well; blot dry.

Mince ¼ cup reserved fennel tops; save remaining for garnish or discard. In a 10- to 12-inch pan, combine minced fennel, ½ cup broth, milk, and sherry. Bring to a boil over high heat. Add cornstarch mixture; stir until sauce boils. Remove from heat; add half the cheese; stir until smooth; keep hot.

Cover bottom of a 9- by 13-inch baking dish with ⅓ of noodles. Spread with vegetables and ½ of sauce. Cover with ⅓ of noodles, top with all the crab and all but ½ cup sauce; cover with remaining noodles. Top with rest of sauce and cheese.

Bake in a 450° oven until bubbling, about 10 minutes. Broil 4 to 6 inches from heat until cheese is browned, 4 to 5 minutes. Let stand 5 minutes. Garnish with fennel tops. Serves 6 to 8.

Per serving: 364 cal.; 25 g protein; 11 g fat (6 g sat.); 38 g carbo.; 487 mg sodium; 78 mg chol. ■

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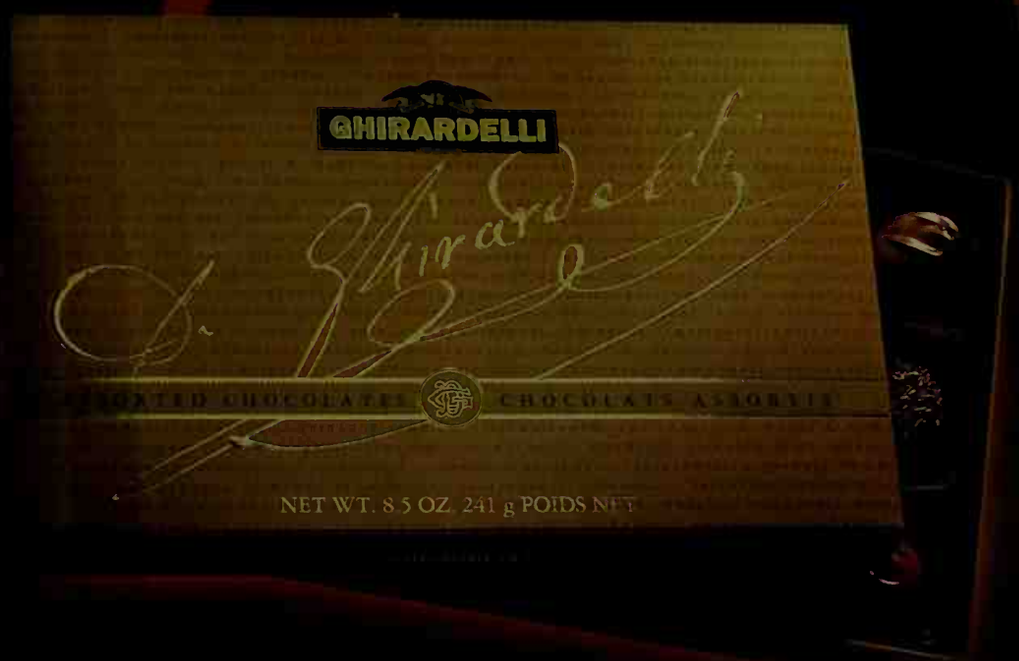

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PICK UP *crisp latke to eat like a wedge of pizza. Garnish individual servings with applesauce and sour cream.*

Lighter, quicker latkes

Instead of frying, these Jewish potato pancakes bake in a pizza pan

PETER CHRISTIANSEN

BY TRADITION, LATKES (golden fried potato pancakes) are eaten during Hanukkah, the Jewish festival of lights.

Instead of the calorie-raising and time-consuming frying of individual cakes, we bake the potato mixture on large pizza pans. Baking turns them crisp, and the absence of oil makes them lighter and leaner than their traditional counterparts.

The recipe includes convenient make-ahead steps, so you can make several and reheat them for a large group.

Serve latkes as you would pizza, in big wedges. To each serving, add applesauce and sour cream to taste.

Pizza Latkes

- 5 slices (5½ oz. total) sourdough sandwich bread, torn up
- 1 tablespoon olive oil
- 4 cloves garlic, minced or pressed
- 5 large eggs
- 2 teaspoons dried rubbed sage
- ½ teaspoon pepper
- 3 large (about 1½ lb. total) russet potatoes
- 2 large (about 1 lb. total) onions, minced
- Salt
- 1 cup light or regular sour cream
- 2 to 3 cups applesauce

In a blender or food processor, whirl enough bread to make about 2¾ cups fine crumbs. In a 10- to 12-inch frying pan on medium-high heat, stir crumbs, oil, and garlic until crumbs become crisp, 8 to 10 minutes; set aside. If crumbs are made ahead, cool and cover airtight up to 2 days.

Grease well and flour 2 nonstick pizza pans (each 12-in. diameter); set aside.

In a large bowl, beat to blend eggs, sage, and pepper. Peel and shred potatoes. Add potatoes, onions, and crumbs to egg mixture; stir well to combine. Spread ½ of the potato mixture evenly into each pan (be sure edges and middle are equally thick or edges will burn).

Bake in 400° oven until crust is crisp and browned, 45 to 55 minutes; cover pancake edges with foil if they begin to darken too much. If using 1 oven, change pan positions halfway through baking. With a spatula, loosen crust from pan. If made ahead, cool, cover, and chill up until the next day.

To reheat, bake latkes on original pizza pans or on 12- by 15-inch baking sheets, uncovered, in a 425° oven until sizzling hot, 8 to 12 minutes; cover with foil if latkes darken too much.

Cut into wedges. Add salt, sour cream, and applesauce to taste. Serves 8.

Per serving: 301 cal.; 10 g protein; 9.8 g fat (3.3 g sat.); 44 g carbo.; 162 mg sodium; 143 mg chol. ■

Healthy Holidays

With Blue Diamond Almonds

Almond Apple Wheat Bread Stuffing

2 Cups chopped Granny Smith apples
1½ Cups (5 oz.) **BLUE DIAMOND** Natural Sliced Almonds
½ Cup chopped onions
¼ Cup chopped celery
4 Tablespoons butter or margarine
1 Teaspoon ground cinnamon
½ Teaspoon poultry seasoning
¼ Teaspoon salt
6 Cups cubed whole wheat bread
1 Cup raisins
1 Egg, lightly beaten
⅓ to ½ Cup apple cider or juice

Sauté apples, **BLUE DIAMOND** Almonds, onion and celery in butter for 5 minutes, stirring frequently. Remove from heat. Stir in cinnamon, poultry seasoning and salt. Toss together bread cubes and raisins; add apple mixture. Stir egg in ⅓ cup apple cider; toss into bread mixture. Add remaining apple cider if a moister stuffing is desired. Use to stuff a 15 to 20 lb. turkey, or two large roasting chickens. Spoon any remaining stuffing into a lightly greased 9" × 5" loaf pan. Bake, covered, during the last 30 to 40 minutes of roasting. Makes 10 cups.

NOTE. Recipe can be halved (use 1 egg); or doubled.

Good Housekeeping

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As a wholesome and delicious snack or as an accent to many recipes, Blue Diamond Almonds enhance your season of healthy entertaining.

DARROW M. WATT

COOL CUSTARD *streaked with chocolate tops orange slices splashed with liqueur.*

Lean but glamorous holiday desserts

The secret is citrus: four-orange custard, grapefruit terrine, lemon and sage sherbet

REFRESHING CITRUS accents these cool desserts. Their glamorous appearance and palate-pleasing flavors belie their relatively lean composition and offer little threat to your waistline.

Four-Orange Custard

- 1 envelope unflavored gelatin
- ¼ cup milk
- 7 to 9 large (about 4 lb. total) oranges
- 1 package (8 oz.) neufchâtel (light cream) cheese, at room temperature, cut up
- ¾ cup powdered sugar
- About ¼ cup orange-flavor liqueur (optional)
- Chocolate sauce (recipe follows)

Sprinkle gelatin over milk; let soften about 5 minutes.

Ream about 3 oranges to make 1⅓ cups juice. If needed, strain to remove excess pulp. In a 1- to 1½-quart pan, bring juice to a boil. Add gelatin mixture; stir over low heat until gelatin dissolves. In blender or food processor, whirl juice mixture, cheese, and sugar until smooth.

Pour mixture into an 8-inch-square cake pan. Cover pan without touching custard and chill until firm, at least 4 hours, or up to 4 days.

To unmold, quickly dip pan in hot water to within ½ inch of pan rim. Set plate over pan; holding them together, invert custard onto

late. (If done ahead, chill ustard up until next day.)

Up to 4 hours before serving, finely shred enough peel om oranges to make 1 tablespoon. Cut remaining eel and membrane off oranges. Thinly slice fruit rosswise to make about 24 lices; remove seeds. Cover nd chill slices and peel separately until serving.

To serve custard, arrange bout 3 orange slices on ach of 8 dessert plates. Pour iqueur over slices to taste. ut custard into 4-inch trianles; place on plates. Drizzle with chocolate sauce and garnish with shredded orange peel. Serves 8.

Per serving: 230 cal.; 5 g protein; 10 g fat (6 g sat.); 33 g carbo.; 120 mg sodium; 23 mg chol.

Chocolate sauce. Seal 4 tablespoons **semisweet chocolate baking chips** and 2 teaspoons **nonfat milk** in a small (not pleated) zip-lock plastic bag. Set in top of double boiler over simmering water; heat until chocolate softens. Through plastic, blend chocolate and milk with fingers until smooth.

To use, trim a corner from bag to make an ⅛-inch hole. Pipe chocolate from bag.

Ruby Grapefruit Terrine with Tea Sauce

- 8 to 9 large (about 1 lb. each) ruby grapefruit
- 3 tablespoons orange juice concentrate, thawed
- 1 tablespoon sugar
- 3 teaspoons (about 1½ envelopes) unflavored gelatin
- Tea sauce (recipe follows)
- Citrus leaves, rinsed

Cut peel and membrane from 8 grapefruit. Over bowl, cut fruit between inner membranes to free segments. Carefully drain juice from bowl and measure. You need 2½ cups juice and 6 cups segments. If needed, segment or ream another fruit. Cover and chill 8 to 10 good-looking segments until ready to serve.

In a 4½- by 8-inch metal loaf pan, neatly layer remaining segments to within ½ inch of pan rim.

RUBY GRAPEFRUIT TERRINE *floats in a pool of citrus-tea sauce for a lean, refreshing dessert.*

In a 1- to 2-quart pan, mix together 1 cup grapefruit juice (reserve remainder for sauce), orange concentrate, sugar, and gelatin. Let gelatin soften about 5 minutes. Stir over medium heat until all gelatin dissolves. Pour over segments.

Cover terrine and chill at least 8 hours or up to 1 day. To serve, dip chilled terrine briefly in hot water to within ½ inch of pan rim. Uncover and place platter over pan; holding them together, invert terrine onto platter.

Pour equal portions of tea sauce on 8 to 10 dessert plates. With a sharp knife, carefully cut terrine into 8 to 10 equal slices. Set slices on sauce. Garnish with reserved segments and leaves. Serves 8 to 10.—*The Donatello, San Francisco.*

Per serving: 84 cal.; 2 g protein; 0.2 g fat (0 g sat.); 20 g carbo.; 3.3 mg sodium; 0 mg chol.

Tea sauce. In a 2- to 3-quart pan, stir together 1½ cups **grapefruit juice** (reserved from terrine) and 2 tablespoons **sugar.** Over medium-high heat, bring mixture to a boil. Add 1 tablespoon **black tea leaves;** simmer, covered, for 5 minutes. Pour mixture through a fine wire strainer. (If made ahead, cool, cover, and chill up to 3 days.)

Mix 1 tablespoon **cornstarch** with 2 tablespoons **water** and stir into grapefruit mixture; bring to a boil over medium-high heat. Let cool.

Sage and Gin Sherbet

- 2½ cups water
- 2 cups sugar
- 1 cup (about ½ oz.) lightly packed fresh sage leaves, chopped; or 1 tablespoon dried sage leaves
- About 2 tablespoons chopped lemon peel (yellow part only)
- ½ cup lemon juice
- About ⅓ cup gin, chilled in freezer
- Fresh sage leaves or thin lemon slices

In a 2- to 3-quart pan, stir water and sugar over high heat until boiling and sugar dissolves. Pour over chopped sage and lemon peel; cover and steep about 4 hours. Chill until cold, about 2 hours or up until next day. Pour syrup through a fine strainer; discard sage and peel. Add lemon juice to syrup.

Freeze syrup in a 1-quart or larger ice cream freezer container (self-refrigerated, frozen cylinder, or with ice and salt), following the manufacturer's directions.

Or use your freezer. Pour mixture into a metal pan (8 to 9 in. square or 9 by 13 in.); cover and freeze until solid, at least 4 hours, or up to 1 month. Break into small chunks and whirl in a food processor or beat with a mixer until a smooth slush forms.

Serve, or cover and freeze up to 1 month. If mixture becomes hard, beat to soften before serving.

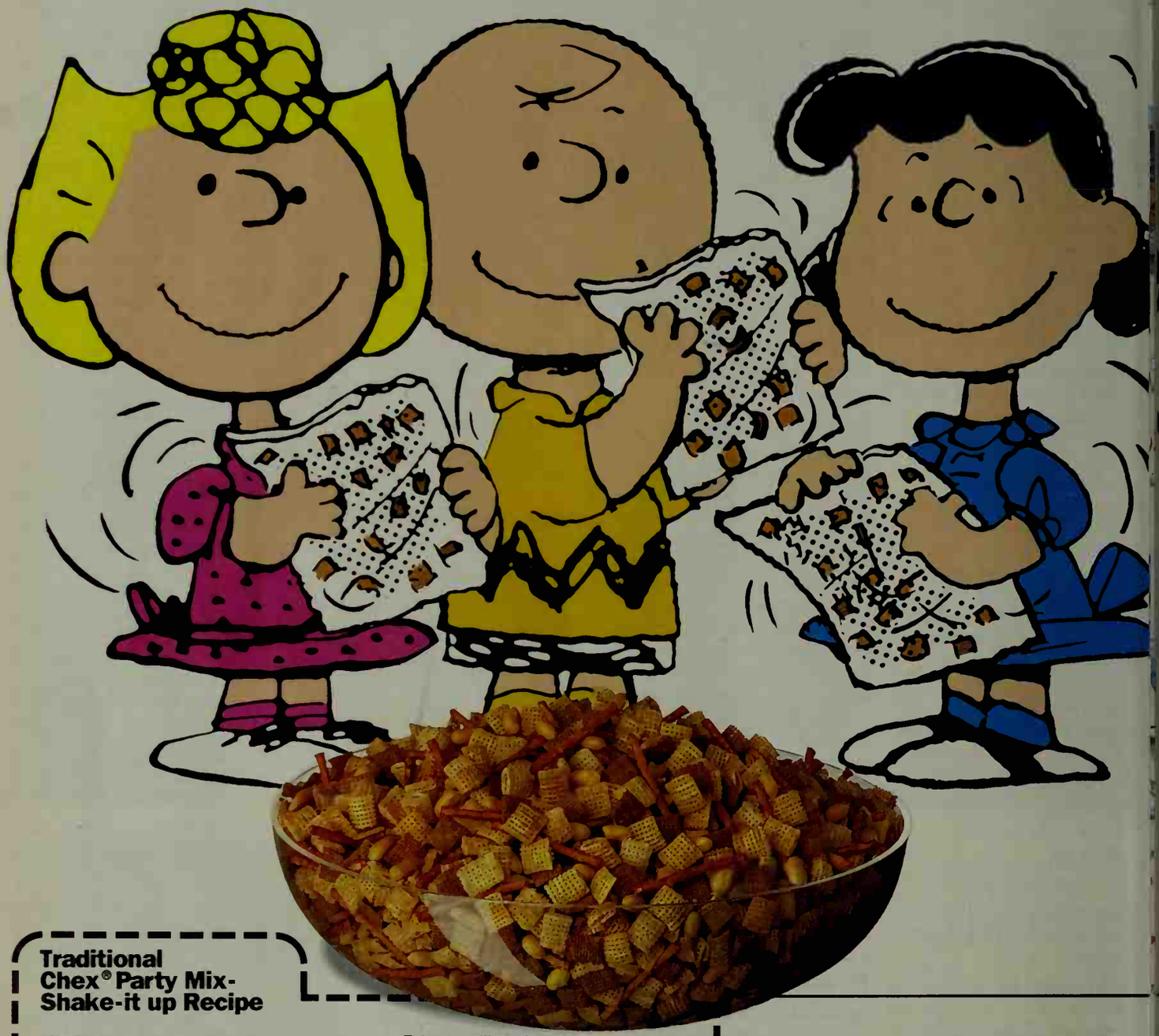
To serve, scoop sherbet into 6 to 8 martini or wine glasses and drizzle with gin to taste. Garnish with sage leaves. Serve immediately. Serves 6 to 8.—*The Donatello, San Francisco.*

Per serving: 221 cal.; 0.1 g protein; 0.1 g fat (0 g sat.); 51 g carbo.; 4 mg sodium; 0 mg chol. ■

PETER CHRISTIANSEN

FOR A CLEANSING FINALE, *icy sherbet flavored with sage and lemon swims in a bath of cold gin.*

Chex® Party Mix As easy as 1-2-3!



Traditional Chex® Party Mix- Shake-it up Recipe

Ingredients:
2 tablespoons (1/4 stick) margarine OR butter
3/4 teaspoon seasoned salt
2 1/4 teaspoons Worcestershire sauce
4 cups of your favorite Chex® brand cereals (Corn, Rice and/or Wheat)
1/2 cup mixed nuts
1/2 cup pretzels

Things you'll need:
Large resealable plastic bag
Small microwave-safe bowl
Large microwave-safe bowl
Absorbent paper (like paper towels)
Measuring cups/spoons
Microwave oven
(See package for conventional oven recipe)

1. Make it! In a small microwave safe bowl, melt margarine in microwave on HIGH 30-45 seconds. Add seasoned salt and Worcestershire sauce to melted margarine: mix well. Pour cereals, nuts and pretzels into large resealable plastic bag. Pour margarine mixture over cereal mixture inside bag.

2. Shake it! Seal top of bag securely. Shake bag until pieces are evenly coated. NOTE: It's ok if some seasonings stick to the inside of the bag.

3. Bake it! Pour contents of bag into large microwave-safe bowl. Microwave on HIGH 3 to 3 1/2 minutes.* STOP to stir every minute. Spread on absorbent paper to cool. Makes a 4-cup batch.

*These directions were developed using 625-700 watt ovens.

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SUNSET'S KITCHEN CABINET

Creative ways with everyday foods—submitted by *Sunset's* readers, tested in *Sunset's* kitchens, approved by *Sunset's* taste panels

Apple Oatmeal Waffles

Barbara Keenan, Fort Morgan, Colo.

CHOPPED APPLE, *raisins, and cinnamon embellish satisfying oat waffles.*

- 1 cup regular rolled oats
- 1⅔ cups all-purpose flour
- 2½ teaspoons baking powder
- 1 teaspoon ground cinnamon
- ½ teaspoon salt (optional)
- 1 cup nonfat milk
- ¼ cup maple syrup
- ¼ cup orange or apple juice
- 1 large egg
- 3 large egg whites
- ¾ cup chopped tart apple
- ½ cup raisins

Place oats in an 8- to 9-inch cake pan and bake in a 350° oven until golden, stirring occasionally, 12 to 15 minutes.

In a bowl, stir oats, flour, baking powder, cinnamon, salt. In another bowl, beat milk, syrup, juice, egg, egg whites; add apple and raisins, then stir into flour mixture until evenly moistened.

Preheat a waffle iron according to manufacturer's directions. Grease iron, then fill ¾ full of batter. Bake until golden and crisp, 6 to 8 minutes. Keep warm on rack in a 200° oven while making remaining waffles. Makes 12 waffles, about 4 inches square.

Per waffle: 152 cal.; 5.2 g protein; 1.6 g fat (0.2 g sat.); 30 g carbo.; 120 mg sodium; 18 mg chol.

Robust Greens Soup

Julie Brown Lee, Langley, Wash.

TOP WHOLESOME SOUP *of spinach and chard with croutons and parmesan.*

- ⅓ cup (about 3 oz.) chopped bacon
- 2 cups chopped onions
- 1 tablespoon dried basil leaves
- 1 teaspoon dried rosemary
- 1 pound Swiss chard
- ¾ pound spinach
- 1 quart regular-strength chicken broth
- 1 can (14 oz.) Italian-style tomatoes, cut up
- Salt and pepper
- Croutons and grated parmesan cheese, optional

In a 5- to 6-quart pan, stir bacon often over medium-high heat until brown, 5 to 8 minutes. Add onions, basil, and rosemary to pan, crumbling the herbs. Stir often until onions are limp, about 10 minutes.

Meanwhile, trim tough stems and roots from chard and spinach. Rinse greens, drain, and chop. Add greens and broth to pan. Cover, bring to a boil over high heat, then simmer until greens are wilted, about 3 minutes. Stir in tomatoes and cook about 1 minute more.

Serve soup with salt and pepper, croutons, and cheese to add to taste. Makes 2 quarts, about 6 servings.

Per serving: 155 cal.; 6.5 g protein; 9.8 g fat (3.3 g sat.); 12 g carbo.; 422 mg sodium; 9.5 mg chol.

Four Quarters Bean and Barley Stew

Marie Mitchell, Lake Oswego, Ore.

A QUARTER CUP *each of three legumes and barley gives stew its name.*

- ¼ cup *each* dried kidney beans, pinto beans, black-eyed peas, and pearl barley
- 5 to 6 cups regular-strength chicken broth
- 1 medium-size (about 7 oz.) onion, chopped
- 1 cup chopped celery
- 2 cups sliced carrots
- 2 teaspoons curry powder
- 1 teaspoon ground turmeric
- 1½ tablespoons cider vinegar
- Salt and pepper

Sort kidney beans, pinto beans, black-eyed peas, and barley for debris, then rinse. Place beans, peas, and barley in a 4- to 5-quart pan with water to cover by 1 inch. Boil, uncovered, over high heat for 2 minutes. Cover and let stand for 1 hour; drain.

In pan, mix bean mixture, 5 cups broth, onion, celery, carrots, curry, and turmeric. Cover, bring to a boil over high heat, and simmer until beans are tender to bite, about 45 minutes. If too thick, add remaining broth. Add vinegar; simmer 5 minutes more. Season to taste with salt and pepper. Makes 4 servings.

Per serving: 248 cal.; 13 g protein; 2.8 g fat (0.6 g sat.); 44 g carbo.; 121 mg sodium; 0 mg chol.

Baked Sweet and Sour Cabbage and Meatballs

Loretta Woolman, Huntington Beach

PRESENT BAKED MEATBALLS *and cabbage in marinara sauce for hearty supper.*

- 1½ pounds ground extra-lean beef
- ½ cup uncooked white long- or short-grain rice
- 1 large egg
- 1 jar (32 oz.) marinara sauce
- 2 medium-size (7 oz. each) onions
- 1 medium-size (1½ lb.) head red cabbage
- ⅓ cup lemon juice
- ¼ cup firmly packed brown sugar
- Parsley sprigs

In a bowl, mix beef, rice, egg, and ½ cup of the marinara. Chop 1 onion; mix into meat. Shape meat mixture into 2-inch balls.

Cut cabbage in thin shreds and slice remaining onion; combine in a deep 12- by 15-inch roasting pan and tuck in meatballs. Combine remaining marinara, lemon juice, and sugar; pour evenly over cabbage and meatballs.

Cover pan very tightly with foil and bake in 350° oven for 1 hour. Stir gently and bake, uncovered, until meat and cabbage are glazed and browned, about 45 more minutes. Transfer to serving dish. Garnish with parsley. Serves 6.

Per serving: 527 cal.; 28 g protein; 26 g fat (8.8 g sat.); 49 g carbo.; 1,057 mg sodium; 114 mg chol.

Savory Lemon Chicken in a Pouch

V.G. Madsen, Albuquerque

WRAP CHICKEN AND VEGETABLES *in a parchment or foil package for baking.*

- Cooking parchment or foil
- 4 chicken breast halves (2 lb. total), skinned, rinsed, and patted dry
- 8 medium-size (about 8 oz. total) green onions, ends trimmed
- 1 large (about 8 oz.) red bell pepper, stemmed and seeded
- 1½ cups thinly sliced carrots
- ⅓ cup lemon juice
- 1½ tablespoons minced fresh ginger
- 1 tablespoon soy sauce
- 1 teaspoon dried thyme leaves
- ⅛ teaspoon cayenne

Cut cooking parchment or foil into 4 pieces, each 15 by 24 inches. Place a breast half in the center of each. Cut onions and pepper into 4-inch slivers. Divide onions, pepper, and carrots over chicken. Mix juice, ginger, soy, thyme, and cayenne; spoon over vegetables.

To seal each packet, bring together short ends of paper and fold over 1 inch three times; fold each remaining end under 1 inch twice and tuck under chicken. Lift to a 12- by 15-inch baking sheet.

Bake in a 425° oven until chicken is white in center of thickest part (open, cut meat to test), about 30 minutes. Serve from packets, if desired. Serves 4.

Per serving: 215 cal.; 36 g protein; 2.2 g fat (0.5 g sat.); 12 g carbo.; 376 mg sodium; 86 mg chol.

Holiday Jewel Tart

Roxanne Chan, Albany, Calif.

DRIED FRUIT *and pistachios decorate orange-flavored cream cheese tart.*

- 1½ cups all-purpose flour
- 6 tablespoons sugar
- 6 tablespoons butter or margarine
- 1 large egg
- ½ cup dried figs, stemmed
- ½ cup moist, pitted prunes
- ½ cup moist, dried apricot halves
- ¼ cup orange juice
- 6 ounces cream cheese
- ¾ cup unflavored yogurt
- 2 teaspoons grated orange peel
- 2 tablespoons chopped pistachios

In a bowl, rub flour, 2 tablespoons sugar, and butter with fingers until fine. Stir in egg very well; press into a smooth ball. Press over bottom and halfway up side of a greased 10- to 11-inch tart pan with removable rim. Bake in a 300° oven until golden, about 40 minutes; cool.

Halve figs and prunes; mix with apricots and juice. Let stand until juice is absorbed, about 30 minutes; stir occasionally. Beat cheese, yogurt, remaining sugar, and peel. Spread crust with cheese mixture; arrange fruit on top. Cover and chill at least 2 hours or up to 1 day. To serve, sprinkle with pistachios and remove rim. Serves 8 to 10.

Per serving: 308 cal.; 5.9 g protein; 15 g fat (8.5 g sat.); 40 g carbo.; 141 mg sodium; 60 mg chol.

Share recipes you've created or adapted—heritage treasures, old favorites, travel discoveries, time-savers. On publication, you'll receive a *Sunset* "great cook" certificate and $50 for each recipe used. Send recipes to *Sunset Magazine*, 80 Willow Rd., Menlo Park, Calif. 94025.

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IN THE BIRD DIRECTIONS:

SIZE OF BIRD	# OF PACKAGES
UP TO 8 LBS	1
8 TO 12 LBS	2
13 TO 20 LBS	3

1. For each package, stir contents of vegetables/seasonings packet, 1/4 cup margarine and 1-1/2 cups hot water in large bowl.
2. Stir in stuffing crumbs. DO NOT STUFF BIRD UNTIL READY TO ROAST.
3. Rinse bird; pat dry. Stuff lightly with prepared stuffing; close openings with skewers. Roast as directed on poultry wrapper.
4. Bake remaining stuffing in covered baking dish with bird 30 minutes. (Recipe also on box.)

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I certify that the statements made by me above are correct and complete. William R. Marken, Editor

PETER CHRISTIANSE

SUGAR AND VINEGAR *add surprising an refreshing taste to noodle pancake.*

Hong Kong's vinegar pancake

THE COMBINATION SOUNDS odd, but sugar and vinegar over a crisp noodle pancake create a delightful contrast of flavors. The recipe is a specialty of Hong Kong restaurants serving Chiu Chow cuisine (a regional style).

In a multicourse meal, the noodles come near the end to refresh the palate. You might serve them with tea, as a first course, or snack.

Crisp Noodle Pancake

The Chinese serve the noodles with aged black vinegar made from sweet glutinous rice; it's available here at some Asian markets.

- ½ pound fresh thin egg noodles, Chinese-style or capellini
- 1 tablespoon Oriental sesame oil
- 1 tablespoon salad oil
- Rice, balsamic, or wine vinegar
- Sugar

In a 5- to 6-quart pan, bring about 3 quarts water to a boil. Stir in noodles; cook just until barely tender to bite, 2 to 3 minutes. Drain well. Mix noodles with sesame oil.

Place a 12-inch pizza pan in oven while it heats to 500°. When pan is hot, about 5 minutes, pour in salad oil; tilt pan to coat surface. Spread noodles in an even layer in pan. Bake on lowest rack, uncovered, until golden on top and bottom, 20 to 25 minutes. Slide noodles onto a plate. Cut into wedges. Add vinegar and sugar to taste. Serves 8 to 10.

Per serving: 90 cal.; 2.6 g protein; 3.2 g fat (0.4 g sat.); 12 g carbo.; 5.9 mg sodium; 17 mg chol. ■

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PETER CHRISTIANSEN

CASSOULET OF *black beans and turkey with tortilla arrows is a make-ahead option for holiday entertaining. Serve with tortilla whiskers, a big salad, bread, wine, and milk.*

One-dish entrées are simplifiers

For holiday entertaining, you can make either of these ahead: cassoulet or beef pie

ONE CHALLENGE OF holiday entertaining is how to spend time with your guests rather than in the kitchen. These make-ahead entrées offer a solution by getting all the major steps out of the way a day or two before.

Choose from a black bean cassoulet or a handsome sauerbraten beef pie. Once the few time-consuming steps are finished, final assembly proceeds quickly; both casseroles can be fully completed up to a day ahead.

On party night, allow about 1 hour to reheat the casserole. Just add a salad, crusty bread, and wine or milk to complete either meal, and you're free to enjoy your guests.

Southwest Cassoulet

- 1 tablespoon canned chipotle chili with adobo sauce; or 1 dried chipotle chili (2 to 3 in.), rinsed, stemmed, seeded, and crumbled; or 1 fresh jalapeño chili, stemmed and minced
- 1 teaspoon *each* ground cinnamon, ground cumin, and dried oregano leaves
- 2 large (about 1 lb. total) onions, chopped
- About 8 cups regular-strength chicken broth
- 1½ pounds (3¾ cups) dried black beans, sorted for debris and rinsed
- Mexican-seasoned turkey (recipe follows)
- 1 jar (15 oz.) roasted red peppers, thinly sliced
- 1 can (7 oz.) whole green chilies, thinly sliced
- Tortilla arrows and whiskers (recipe follows)

In an 8- to 10-quart pan, combine chipotle chili, cinnamon, cumin, oregano, on-

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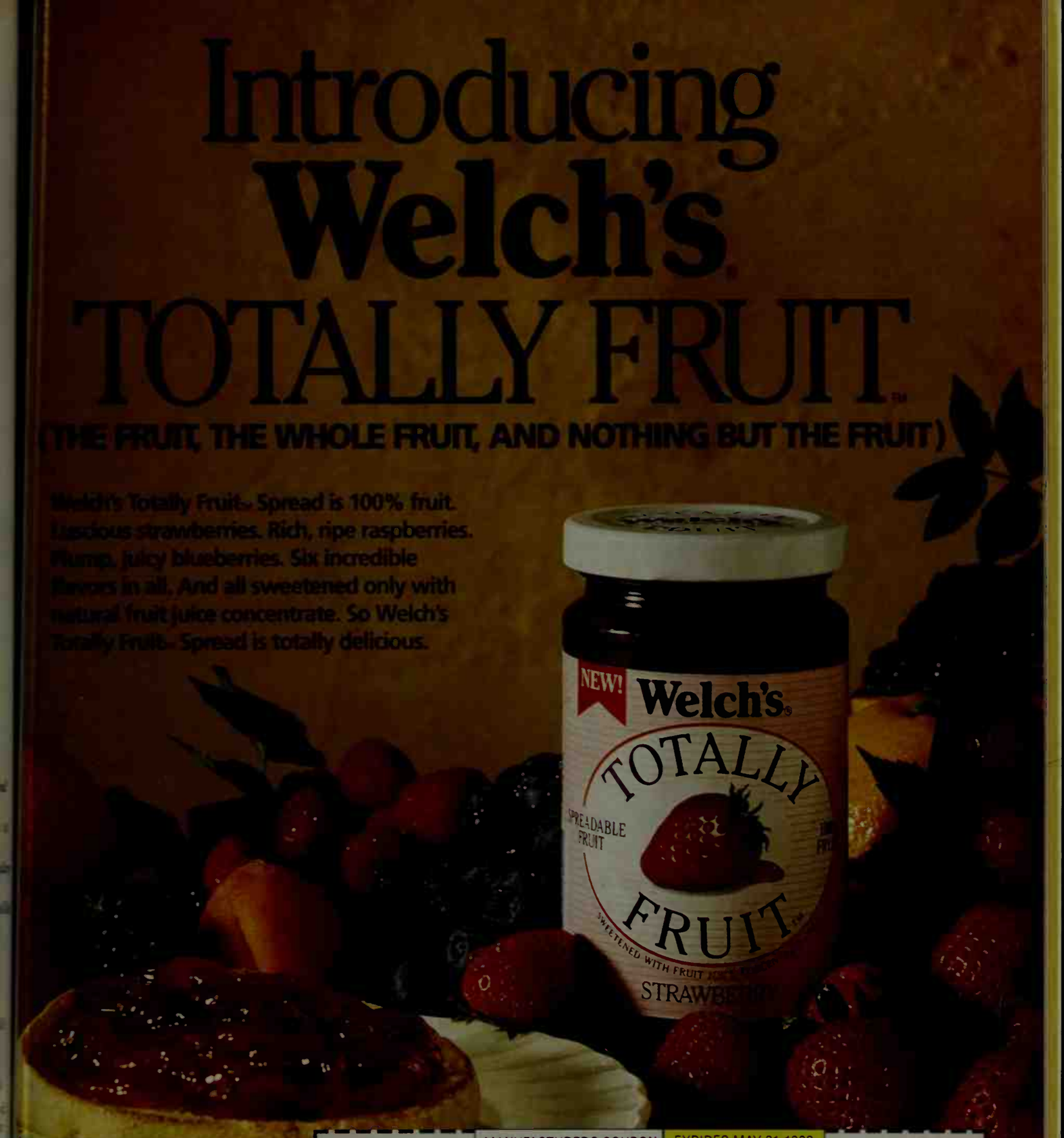

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ions, and ½ cup broth. Boil, uncovered, on high heat, stirring occasionally, until liquid evaporates and onions start to brown, 12 to 15 minutes.

To deglaze, stir in ⅓ cup broth to release browned bits. Stir occasionally until liquid evaporates and mixture begins to brown again, 1 to 3 minutes. Repeat deglazing step 3 more times, until mixture is richly browned.

Add to onions the beans, 6 cups broth, and 6 cups water. Cover and bring to a boil on high heat. Reduce heat and simmer, stirring occasionally, until beans are just tender to bite, about 1 hour. Add turkey; simmer until meat is no longer pink at bone in thickest part (cut to test), about 1 hour.

Remove pan from heat; lift out turkey. When turkey is cool enough to touch, pull meat from bones and cut into bite-size pieces.

Drain beans, reserving liquid; set beans aside and return liquid to pan. Boil liquid on high heat until reduced to 2 cups.

In a shallow 5-quart casserole, mix beans, cooking liquid, turkey, red peppers, and green chilies. If made ahead, cover and chill up until next day.

Bake, uncovered, in a 350° oven until hot in center, about 45 minutes (1 hour if chilled). Lay tortilla arrows on casserole; serve whiskers to scatter onto portions to taste. Serves 10 to 12.

Per serving without tortilla whiskers: 338 cal.; 30 g protein; 5.4 g fat (1.5 g sat.); 43 g carbo.; 780 mg sodium; 57 mg chol.

Mexican-seasoned turkey. Combine 2 tablespoons **salt** and 1 tablespoon **chili powder;** rub evenly over 2 or 3 skinned **turkey thighs** (about 3½ lb. total). Place meat in a heavy plastic bag or noncorrodible bowl (glass, ceramic, or stainless steel). Cover and chill 6 hours (for minimum salt flavor) to 8 hours (for full salt flavor).

Rinse meat under cold running water, rubbing lightly to extract as much salt as possible; pat dry. If made ahead, cover and chill turkey thighs up to 2 days; rinse before using.

Tortilla arrows and whiskers. You will need 12 **corn tortillas** (about 7 in.). With a sharp knife, cut large decorative arrows from 4 of the tortillas. Stack remaining tortillas (3 or 4 at a time) and scraps; cut into strips about ⅛ inch wide.

Pour about ½ inch **salad oil** into a 4- to 5-quart pan over medium-high heat. When oil reaches 350° on a thermometer, turn heat down to maintain temperature. Add ⅓ of the tortilla strips at a time; stir until strips are lightly browned and crisp, about 1½ minutes. With a slotted spoon, transfer strips to paper towels to drain; while warm, sprinkle lightly with **salt** or chili-seasoned salt. Also fry tortilla arrows until crisp, about 1½ minutes; drain on paper towels.

Serve warm. If made ahead, let cool, then package arrows and whiskers separately and airtight. Chill up to 2 days. To reheat, spread whiskers in a paper towel–lined 10- by 15-inch rimmed pan. Bake at 300° until warm, about 10 minutes. Then, on same pan, reheat arrows until crisp, about 10 minutes. Makes 4 arrows and about 8 cups whiskers.

Per cup: 88 cal.; 2.1 g protein; 3.4 g fat; 13 g carbo.; 111 mg sodium; 0 mg chol.

Sauerbraten Beef Pie

- 4½ pounds boned blade-cut beef chuck
- 2 large (about 1 lb. total) onions, chopped
- 2 tablespoons minced fresh ginger
- 1 tablespoon mustard seed
- ½ teaspoon pepper
- ¼ teaspoon ground cloves
- 1 cup red wine vinegar
- 2 cups regular-strength beef broth
- 1½ cups dry red wine
- 2 tablespoons firmly packed brown sugar
- 2 pounds (about 9 large) carrots, thinly sliced diagonally
- 1 cup pitted dried prunes, quartered
- ½ cup raisins
- 1 tablespoon cornstarch
- Cream cheese pastry (recipe follows)
- 1 large egg, beaten to blend

Trim and discard fat from beef; cut meat into 1-inch chunks. Combine meat, onions, ginger, mustard seed, pepper, cloves, and ¾ cup water in a 5- to 6-quart pan; cover tightly. Bring to a boil over high heat; reduce heat and simmer for 30 minutes.

Uncover and boil on high heat until liquid evaporates and meat begins to sizzle in its own drippings; stir often until drippings in pan are richly browned. Add ¼ cup water and boil, stirring often, until drippings are again richly browned. Spoon out any fat. Add vinegar and stir browned drippings free.

Add broth, wine, and sugar. Lay carrots over meat. Cover pan tightly and bring liquid to boiling on high heat. Reduce heat and simmer until meat is very tender when pierced, about 1 hour.

With a slotted spoon, transfer meat and vegetables to a shallow 3-quart casserole (about 2 in. deep and about 8 by 12 in.). Mix the prunes and raisins in with the meat.

Over high heat, boil liquid left in pan, uncovered, until reduced to 1 cup, about 15 minutes; remove from heat. Meanwhile, smoothly blend cornstarch with 2 tablespoons water. Stir into pan juices, then pour over meat and vegetables. If made ahead, cover tightly and chill up to 2 days.

Lay pastry rectangle over meat mixture, folding edges under; flute firmly against the casserole rim. Set reserved pastry cutouts decoratively on top. Cut slits in crust. If made ahead, cover and chill up to 1 day (meat holds only 2 days total).

Brush pastry lightly with beaten egg. Bake in a 400° oven on the lowest rack until pastry is well browned and filling is bubbling, 40 to 55 minutes. If pastry rim or cutouts begin to darken excessively before center is brown, drape these areas with foil.

You can also bake the pie ahead, chill, then cover airtight up to 1 day (meat holds 2 days maximum). Reheat, uncovered, in a 350° oven until filling is hot to touch in center, about 40 minutes. (If edges of crust darken during baking, cover with foil.) Serves 8 to 10.

Per serving: 783 cal.; 48 g protein; 40 g fat (20 g sat.); 59 g carbo.; 464 mg sodium; 238 mg chol.

Cream cheese pastry. In a food processor or bowl, combine 2½ cups **all-purpose flour;** 1 cup (½ lb.) **butter** or margarine, cut into chunks; and ⅔ cup (about 6 oz.) **neufchâtel** (light cream) **cheese.** Whirl or rub with fingers until coarse crumbs form. Add 1 **large egg;** whirl or stir with fork until dough holds together. Reserve ½ cup dough for decorations. Pat each portion into a ball. If made ahead, chill airtight up to 3 days. On a lightly floured board, roll large ball of pastry in a rectangle to match dimensions of the casserole plus 1 inch on all sides.

Roll reserved ½ cup pastry about ⅛ inch thick and cut designs, such as poinsettia leaves; place on top of crust.

HANDSOMELY DECORATED *cream cheese crust caps hearty pie with sauerbraten filling.*

DARROW M. WATT

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PETER CHRISTIANSEN

SHINY FROSTING CLOAKS *lean cocoa-based cake; garnish with leaves, candied violets.*

A lean Chocolate Sigh cake: Is it possible?

UNSWEETENED COCOA is the star of this lightened-up version of a *Sunset* favorite, Chocolate Sigh. The original cake was calorie-laden chocolate inside and out.

Cocoa, lighter and leaner than chocolate, lends intense flavor to this cake and pudding-like frosting. Switching from butter and whole eggs to nonfat milk and egg whites also reduces calories. A garnish of candied violets (available in fancy food stores) and green leaves replaces the original garnish of chocolate leaves.

The 1991 variation looks as luscious as the full-fat counterpart. Its texture is slightly denser and the flavor has bittersweet overtones.

The cake, as its name implies, puffs up when baking then sinks on cooling.

Cocoa Sigh

- 1 cup sifted cake flour
- ¾ cup unsweetened cocoa
- 1½ teaspoons *each* baking powder and baking soda
- 1¼ cups sugar
- 1 cup nonfat milk
- 2 teaspoons vanilla
- 6 large egg whites
- Cocoa frosting (recipe follows)
- Candied violets (optional)
- 2 or 3 nontoxic leaves (such as citrus or camellia), rinsed and dried, optional

In a small bowl, mix flour, cocoa, baking powder, and baking soda. In a large bowl, beat ¾ cup sugar, milk, and vanilla until well blended. Stir in flour mixture and beat until evenly moistened.

In another large bowl and using clean, dry beaters, whip egg whites on high speed until frothy; gradually beat in remaining ½ cup sugar (1 tablespoon at a time) until stiff, moist peaks form. Immediately add to cocoa mixture, gently folding in with a wire whisk until evenly blended.

Pour batter into a lightly oiled and floured 9-inch cheesecake pan (at least 3 in. deep) with removable rim. Gently zigzag a spatula through batter; smooth top.

Bake in a 350° oven until a toothpick inserted in center of cake comes out clean, about 45 minutes. Cool on a rack (as cake cools, it settles and sinks slightly in center).

Remove pan sides. Spread cake top and sides evenly with cocoa frosting. If made ahead, cover with a large bowl and chill up until next day. If desired, garnish just before serving with candied violets and leaves. Cut into wedges. Serves 12 to 16.

Per revised serving: 155 cal.; 4.2 g protein; 1.5 g fat (0.8 g sat.); 35 g carbo.; 154 mg sodium; 0.6 mg chol.

Per original serving (first appeared February 1982, page 152 North edition, page 154 South and Desert editions): 370 cal.; 5.5 g protein; 16 g fat (9.1 g sat.); 56 g carbo.; 141 mg sodium; 89 mg chol.

Cocoa frosting. In a 1- to 2-quart pan, stir together ⅔ cup sifted **unsweetened cocoa** and ½ cup **sugar.** In a small bowl, mix ⅓ cup **cornstarch** and 1 cup **nonfat milk** until well blended and no lumps remain. Whisk cornstarch mixture into cocoa mixture until well blended.

Cook over medium heat, stirring constantly and scraping pan bottom and sides with a whisk, until glossy and thick, about 7 minutes.

Remove pan from heat; add ¼ teaspoon **vanilla;** beat to remove lumps. Cool completely; stir occasionally. If made ahead, cover and chill up until next day. Just before using, bring to room temperature (if cold) and beat until smooth. If desired, use a whisk to push frosting through a fine wire strainer to remove any lumps. ■

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GLENN CHRISTIANSEN

WEARING TRADITIONAL SWEDISH COSTUME, *Emily offers Ben a St. Lucia bun to begin the holiday season.*

Sweden's traditions for breakfast or supper

The ritual starts with S-shaped buns

ST. LUCIA, SAINT OF light, ushers in the Swedish holiday season with the festival of lights. At daybreak on December 13, the youngest daughter dons a crown and serves her family S-shaped cardamom buns.

The Ritter family of Mill Valley, California, celebrates this ritual by sharing with friends a buffet breakfast featuring St. Lucia buns.

You can adapt this Swedish tradition for your family by serving the buffet menu as a breakfast or winter supper.

ST. LUCIA CELEBRATION

St. Lucia Buns

Sausage (or Vegetable) and Cheese Bread Custard

Apples, Sliced Pineapple, and Bananas

Hot Chocolate or Coffee

Make the buns up to 3 weeks ahead. Assemble the casserole at least 8 hours ahead.

St. Lucia Buns

- 1 package active dry yeast
- 1 cup warm milk (110°)
- ⅔ cup sugar
- ⅓ cup butter or margarine at room temperature
- 2 large eggs
- ½ teaspoon salt
- 2 teaspoons ground cardamom, or crushed, hulled cardamom seed
- About 3¾ cups all-purpose flour
- About ¼ cup raisins

In a bowl, combine yeast and milk; let stand 5 minutes

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to soften. Blend in sugar, butter, 1 egg, salt, and cardamom. Stir in 3½ cups flour to form a stiff dough.

To knead with a dough hook, beat at high speed until dough pulls cleanly from sides of bowl, about 6 minutes. If dough still sticks, add flour 1 tablespoon at a time until dough pulls free.

To knead by hand, scrape dough onto a floured board. Knead until smooth and elastic, about 10 minutes, adding as little flour as possible to prevent sticking. Place dough in a greased bowl.

Cover bowl with plastic wrap and let dough rise in a warm place until doubled, about 1½ hours.

Punch down dough, turn out onto a board, and knead lightly. Pinch off 1½-inch balls of dough; roll each into a smooth rope about 10 inches long. On lightly greased 10- by 15-inch baking sheets, form each rope into an S by snugly coiling ends in opposite directions. Put a raisin in center of each coil; set buns 2 inches apart.

Cover buns lightly with plastic wrap and let rise in a warm place until almost doubled, about 25 minutes. Beat remaining egg; brush buns evenly with egg.

Bake in a 350° oven until golden, 15 to 20 minutes. (If using 1 oven, switch pan positions halfway through baking.) Transfer to a rack. Serve warm or cool.

If made ahead, wrap and store at room temperature up until next day or freeze up to 3 weeks. Thaw frozen buns unwrapped. To heat, wrap in foil and bake in a 350° oven until warm, about 15 minutes. Makes 3 dozen buns, about 1 ounce each.

Per bun: 89 cal.; 2 g protein; 2.3 g fat (1.3 g sat.); 15 g carbo.; 55 mg sodium; 17 mg chol.

GLENN CHRISTIANSEN

CONTINUING A FAMILY TRADITION, *mother and daughter make S-shaped buns (sometimes called Christmas pigs or boars).*

PETER CHRISTIANSEN

SAUSAGE AND CHEESE BREAD CUSTARD *completes the menu; serve with pineapple, bananas, and apples.*

Sausage and Cheese Bread Custard

2 pounds hot or mild Italian sausage, casings removed

About 1 loaf (1-lb. size, with ½-inch-thick slices) firm white bread

½ pound cheddar cheese, shredded

7 large eggs

5 cups milk

1 tablespoon Dijon mustard

½ teaspoon pepper

In a 10- to 12-inch frying pan, stir sausage over medium-high heat until crumbly and brown, about 15 minutes. Drain and discard fat.

Cut bread into 1-inch pieces. Evenly spread ½ the bread cubes in a buttered shallow baking dish (about 9 by 13 in.). Top with ½ the cheddar cheese and ½ the sausage. Layer remaining bread, sausage, and cheddar cheese.

With a whisk, blend eggs, milk, mustard, and pepper; pour over layered casserole. Cover and chill at least 8 hours or until next day.

Bake casserole, uncovered, in a 350° oven until edges are golden brown and the center is firm, 45 to 55 minutes. Cool 15 minutes on a rack. Cut into rectangles and serve. Makes 8 to 10 servings.

Per serving: 557 cal.; 31 g protein; 34 g fat (15 g sat.); 31 g carbo.; 1,132 mg sodium; 243 mg chol.

Vegetable and Cheese Bread Custard

Follow recipe for **sausage and cheese bread custard** (preceding), except omit sausage. Pour 1 tablespoon **salad oil** in frying pan. Add 2 medium-size (about 1 lb. total) **red** or green **bell peppers,** cored, seeded, and chopped; 1 medium-size (8 oz.) **onion,** chopped; and ¾ pound **mushrooms,** rinsed and sliced. Cook until onion is golden, about 20 minutes.

Layer vegetable mixture and 1 large package (8 oz.) **cream cheese,** cut into ½-inch cubes, with bread and cheddar cheese.

Per serving: 452 cal.; 21 g protein; 26 g fat (14 g sat.); 34 g carbo.; 589 mg sodium; 216 mg chol. ■

TO MAKE THINGS EVEN MORE FESTIVE, STUFF A PINEAPPLE.

If you'd like to bring an extra touch of elegance to your table, here's a great idea: Hollow out a Hawaiian Pineapple half and fill it with fresh fruit. A stuffed pineapple is festive, nutritious and 100% natural. What's more, its delicious stuffing isn't very stuffing.

Fresh Pineapple From Hawaii.

CHARLEY'S GOOD MANNERS *are put to the test by an offer of a Christmas bone from a jarful made especially for him.*

NORMAN A. PLATE

Give a dog a bone

Children enjoy making crunchy bones as much as dogs enjoy eating them

HERE'S A GIFT FOR Fido that children can have the fun of making themselves. While you're gearing up for preholiday baking, add a batch of bones to your list. The crunchy treats won high marks with our canine tasters and are chock-full of ingredients approved by a veterinary nutritionist. Even the eggshells are included to provide additional calcium.

Once the dough is made, children can roll it out and make bones with a bone-shaped cooky cutter or a homemade template. Or simply pinch the dough into bone shapes by hand.

To reduce moisture content in the dense bones, we baked them a long time at a low temperature. Bones that aren't thoroughly dried may develop harmless mold at room temperature, so it's best to store them in the refrigerator or freezer.

Canine Bones for Christmas

- 1 pound beef liver
- 2 large eggs, shells washed
- 1 cup low-fat cottage cheese
- 1½ cups wheat germ
- About 3¼ cups whole-wheat flour

Rinse liver and cut into 1-inch chunks. Put in a 1½- to 2-quart pan with 1 cup water. Bring to a boil on high heat; cover, reduce heat, and simmer gently until liver is no longer pink in center of thickest piece (cut to test), about 5 minutes. Drain liquid into a 1-cup measure; if needed, add more water to make 1 cup.

Put liver in a blender or food processor; break in eggs, including shells. Whirl to purée, adding reserved liquid as needed to keep mixture moving; scrape sides of container often. Scrape mixture into a bowl; add remaining cooking liquid, cottage cheese, wheat germ, and 3 cups flour. Stir until evenly moistened.

Scrape dough onto a well-floured laminate counter or large plastic cutting board (wood is apt to pick up liver odor); knead until dough no longer feels sticky, adding more flour as required.

Shape dough into a ball and set aside. Scrape counter clean and coat lightly with more flour. Set dough on flour, dust ball with flour, then roll out until ½ inch thick. Cut with a floured bone-shaped cooky cutter (sold in cookware shops), or lay a floured bone-shaped template (made of firm cardboard and about 3½ in. long) on dough and cut around it with a short-bladed knife.

(Or don't roll out dough; instead, pinch 2-tablespoon lumps of it into bone shapes.) Set bones slightly apart on greased 12- by 15-inch baking sheets.

Bake in a 300° oven until bones are tinged darker brown and feel firm to touch, about 1 hour. Transfer to racks to cool. (Once cool, bones should be hard when pressed; if not, return to 300° oven and bake 10 minutes longer; cool.) To store, package airtight in refrigerator or freezer. Makes about 4½ dozen 3½-inch-long bones.

Per bone: 41 cal.; 3.2 g protein; 0.7 g fat (0.2 g sat.); 5.5 g carbo.; 19 mg sodium; 28 mg chol. ■

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A Celebration of Holiday Savings.

In culinary terms, manicotti are tubes for the cook to fill

Cucumber-grapefruit cocktail sports a hint of mint, and fish fillet wears a mushroom mantle

MANICOTTI IS ITALIAN for muffs—those puffy, fur-covered, silk-lined tubes that ladies once stuffed their hands into to keep them warm while riding in a carriage or touring car. The oldest of us may remember that our mothers or grandmothers had them, and opera lovers will remember that Mimi's last wish in *La Bohème* was for a manicotto to warm her hands.

Culinary manicotti are neither fur-covered nor silk-lined, but they are tubes into which the cook may stuff a wide variety of fillings. Manicotti may be smooth or ridged; there is no difference in flavor, but some people think that the ridged kind will hold more sauce.

Barry Schoenfeld uses a spinach-ricotta stuffing, perked up with a bit of feta cheese. For convenience, he uses a prepared Italian-style pasta sauce. There are many on the market now, and they are quite good, but if you are the sort of cook who likes to listen to the rustic music of bubbles bursting in a long-simmered pot of sauce, feel free to make your own.

Stuffed Manicotti alla Fiorentina

- 2 tablespoons olive oil
- 1 large (8 oz.) onion, chopped
- 1 medium-size (about 6 oz.) red bell pepper, stemmed, seeded, and chopped
- ¾ cup (about 5 oz.) packed feta cheese, crumbled
- 1 cup (½ lb.) ricotta cheese
- ½ pound spinach, stems and wilted leaves discarded; rinse leaves well, drain, and finely chop
- Freshly ground pepper
- 1 jar (30 oz.) Italian-style pasta sauce
- 1 package (8 oz.) large dry manicotti
- 1 large (8 to 10 oz.) firm-ripe tomato, cored, seeded, and chopped
- 3 tablespoons freshly grated Parmesan cheese

In a 10- to 12-inch frying pan over medium heat, combine oil, onion, and bell pepper; stir often until vegetables are limp, about 10 minutes. Let cool.

In a bowl, stir together feta, ricotta, spinach, and onion mixture; season to taste with pepper.

Spoon about ½ the pasta sauce into a 9- by 13-inch pan. Divide spinach mixture in equal portions to match the number of manicotti pieces. One at a time, rinse manicotti with cool water, shake off excess moisture, and push a portion of the spinach mixture into center of pasta with your fingers.

Lay stuffed pasta in a single layer in sauce; spoon remaining sauce over pasta. Cover and bake in a 400° oven for 45 minutes; uncover and continue baking until pasta is tender when pierced, 10 to 15 minutes longer. Let stand 5 to 10 minutes. Sprinkle with tomato, then cheese. Serves 6.

Per serving: 450 cal.; 18 g protein; 21 g fat (8.7 g sat.); 51 g carbo.; 1,272 mg sodium; 43 mg chol.

Los Angeles

SO MANY FLAVORS, SO FEW words to describe them—that is the food writer's curse. Worse, these few words are used so often that they grate on the mind. Let's forget *zesty* and *tangy* and look for a new word to describe Rachel Craven's cocktail. One that comes to mind is *grateful*, an old-fashioned word that could stand reviving. *The*

Attention all chefs, amateur or pro

Tell us about your cooking adventures! On publication in Chefs of the West, you become a bona fide lifetime member of this venerable organization. First-time award is your membership card and a tall, white Chefs of the West toque. For each subsequent recipe featured, you receive a Chefs of the West certificate and $50. Send your recipes to Chefs of the West, Sunset Magazine, 80 Willow Rd., Menlo Park, Calif. 94025.

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Glazed Raspberry Orange Turkey

1 pkg. (about 2 lb.) TURKEY STORE™ Fresh Turkey Breast Roast
1 tsp. ground sage
½ tsp. thyme leaves
½ tsp. pepper
½ tsp. salt (optional)
1 tsp. grated orange peel
1 c. orange juice
2 c. fresh or frozen raspberries or cranberries (unthawed)
⅓ c. sugar

Heat oven to 350°F. In 9x9-inch or 11x7-inch shallow baking pan, place turkey breast roast. Pour orange juice over turkey; sprinkle with sage, thyme, pepper, salt and orange peel. Bake, basting occasionally, for 1 hour and 20 minutes. Combine raspberries and sugar. Place around turkey breast. Continue baking for 10 to 15 minutes or until thermometer pops up. Let stand 10 minutes before slicing. 8 servings.

Nutrition Information Per Serving (1/8 of recipe)—Calories 223, Protein 26 g, Carbohydrate 15 g, Fat 7 g, Cholesterol 82 mg, Sodium 57 mg.

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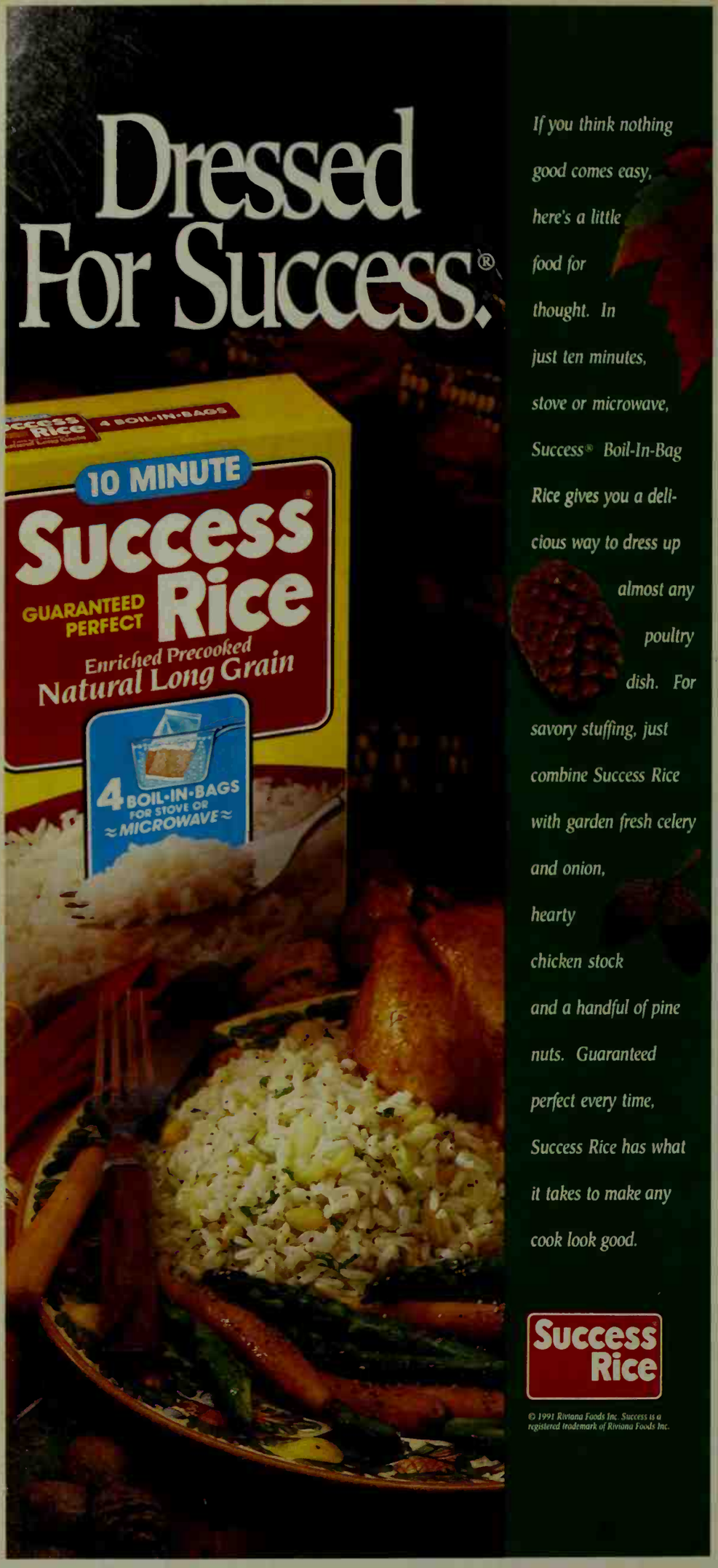
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Oxford English Dictionary defines it as "pleasing to the mind or the senses, agreeable, acceptable, welcome."

Grateful was once used to convey a sense of refreshment in warm weather or after exertion: shade is grateful after a hike through the desert; a glass of cold cider is grateful during a break in the afternoon's threshing. And Rachel's Cocktail, combining the proverbial coolness of cucumber and mint with the wake-up sharpness of grapefruit, is grateful, sharpening the palate before a meal or refreshing it between courses.

Rachel's Cocktail

- 1 large (about 12 oz.) cucumber
- 3 medium-size (about 1 lb. each) grapefruit
- 2 tablespoons minced fresh mint leaves
- Fresh mint sprigs

Peel and dice cucumber; place in a medium-size bowl.

Cut off all peel and white membrane from grapefruit. Holding grapefruit over the bowl to catch the juice, cut between membranes to remove sections; add to cucumber. Squeeze juice from membrane into bowl; discard membrane. Stir in minced mint. Cover and chill until cold, about 1½ hours, or up to 4 hours.

Spoon fruit mixture into 5 or 6 stemmed glasses; drizzle

"RACHEL'S COCKTAIL *combines the coolness of cucumber and mint with the wake-up sharpness of grapefruit."*

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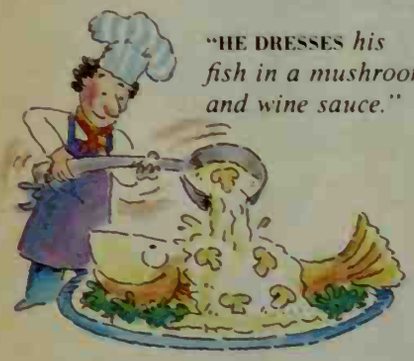
with juices. Garnish with mint sprigs. Serves 5 or 6.

Per serving: 43 cal.; 1 g protein; 0.2 g fat (0 g sat.); 11 g carbo.; 2.9 mg sodium; 0 mg chol.

Cupertino, Calif.

FISH FILLETS ANOINTED with butter and lemon juice; scented with savory, shallots, and parsley; and sealed to bake to moist opacity need little or no further flavor enhancement.



"HE DRESSES *his fish in a mushroom and wine sauce.*"

Without breading and frying, they do have, however, a deplorably naked look that calls out for clothing, or at least adornment. The trick is to furnish this touch without obscuring the delicate flavor of the fish.

James Kircher's solution? He dresses his fish in a mushroom sauce with white wine, chicken broth, and a whiff of Beau Monde seasoning. It qualifies him for a chef's toque and the honorary degree of saucier's apprentice.

Baked Fish with Mushroom Sauce

- 2 pounds boned and skinned white-flesh fish such as Chilean sea bass, lingcod, or halibut, cut 1 inch thick
- Salt and pepper
- 1 tablespoon finely chopped shallots
- 1 teaspoon dried summer savory
- 1 tablespoon chopped parsley
- 4 teaspoons butter or margarine
- 2 tablespoons lemon juice
- ½ pound mushrooms, thinly sliced
- About ⅓ cup *each* regular-strength chicken broth and dry white wine
- 1 tablespoon cornstarch mixed with 1 tablespoon water
- 1 teaspoon Beau Monde seasoning powder or dried thyme leaves

Rinse fish and pat dry; arrange in a single layer in a 9- to 10-inch-square pan. Lightly sprinkle with salt and pepper, then evenly top with shallots, savory, and parsley. Cut 2 teaspoons butter into small pieces and scatter on top of fish. Drizzle with lemon juice and seal pan with foil. Bake in a 350° oven until fish is opaque and moist-looking in thickest part (cut to test), about 20 minutes.

Meanwhile, melt remaining 2 teaspoons butter in a 10- to 12-inch frying pan over medium heat. Add mushrooms and stir often until lightly browned, about 5 minutes. With a slotted spatula, lift fish to a warm serving platter; keep warm. Pour fish juices into a glass measure and add equal parts of broth and wine to make 1 cup total. Smoothly stir cornstarch mixture and Beau Monde into broth mixture. Return to pan and stir over high heat until sauce boils. Serve fish with sauce to add to taste. Makes 4 servings.

Per serving: 298 cal.; 43 g protein; 8.8 g fat (3.6 g sat.); 6.3 g carbo.; 392 mg sodium; 103 mg chol.

Burley, Idaho

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The Entertainer

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ASSEMBLE *graham cracker houses on foil-covered cardboard bases up to 3 days ahead. A house requires 6 whole crackers; create peaked roofs on two crackers with a long knife and a swift motion.*

DARROW M. WATT

SQUEEZE ON ICING *using plastic "pastry" bags, then decorate with a variety of candy, pretzels, and cereals.*

Six graham crackers and sugar icing make a house

EASY-TO-ASSEMBLE graham cracker houses provide a time-saving alternative to the homemade gingerbread versions. A simple sugar icing cements the houses together and holds decorations in place. To apply frosting, use mock pastry bags made from small unpleated zip-lock plastic bags with tip (about ⅛ in.) of one corner cut off.

For an activity-oriented holiday party, Nyla Witmore, of Boulder, Colorado, assembles the houses ahead of time, then lets guests decorate them. She provides the houses (one per guest) and bags of icing, and each guest brings a bag of candy, pretzels, or cereal to put into a decoration collection for all to use. (Note: after several hours, colored hard candies may bleed coloring into icing.)

To make the icing, beat together 2 large **egg whites,** ⅛ teaspoon **cream of tartar,** and 2 teaspoons **water** until frothy. Gradually beat in 2½ to 3 cups **powdered sugar** until mixture is smooth and resembles stiff paste. Spoon into unpleated zip-lock plastic bags and seal airtight. Use, or chill up until next day. Each batch makes enough icing to assemble *or* decorate 6 to 8 houses. ■

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Ideas for party planners

Menu concepts and other ways to make hosting easier

GIVING A HOLIDAY PARTY? Here are some menu ideas and serving tips to make planning and hosting easier. For parties including children, provide activities such as wreath making, cooky decorating, or caroling to make it more enjoyable for all ages.

PLANNING THE MENU

Following are some basic menu concepts to consider. Offer a selection of beverages, including nonalcoholic choices; allow 2 to 4 cups per person.

One big whole-meal dish. Focus on one main dish such as soup, chili, stew, or salad. Choose a recipe that can be prepared ahead and holds up well on a buffet table. If applicable, offer condiments for guests to add to taste. Accompany with breads, raw vegetables, holiday cookies, and fruit. For each serving, allow 1½ to 2 cups of the main dish.

Basic meat, starch, vegetable meal. This straightforward menu adapts to everything from make-ahead buffets to fancy sit-down dinners. For buffets, consider foods that hold up well as they stand and are easy to eat without sitting at a table. Consider boneless easy-to-slice (and to eat) roasts, make-ahead vegetable casseroles, grain salads or pilafs, or marinated vegetables. Sit-down meals allow you more flexibility in food, but this method depends on the tastes of your guests, the size of the group, and if you have help in the kitchen.

Allow about ¼ pound boneless meat or fish or ¾ pound bone-in poultry, meat (such as ribs), or shellfish; about ¼ pound ready-to-serve vegetable; and about ⅓ pound cooked starch per guest.

Appetizer party. This works for any size group. Offer an assortment of bite-size, easy-to-manage foods. For a large party, place foods at different stations, so guests circulate and have easier access. For small pieces of food, napkins are adequate. As a meal, allow 10 to 15 pieces or about ¼ pound cheese or meat per serving; for a pre-dinner party, use about a third of these amounts.

Dessert party. For a late-evening party, consider a selection of desserts. Choose a variety of sweets, from small chocolates to lavish cakes. Also include fresh fruit and cheese. For each serving, allow 2 to 4 small pieces of dessert, 1 to 2 ounces cheese, and 3 to 6 bite-size pieces of fruit. Serve with fruity sparkling wine and coffee.

HOW TO HANDLE THE FOOD

Buy and serve. Ready-to-eat foods attractively arranged make an easy, quick party. Order several days ahead to make sure you get what you want. This kind of party can be pricey, but it's usually less costly than hiring a caterer. You can share costs by asking guests to bring specific items from the delicatessen.

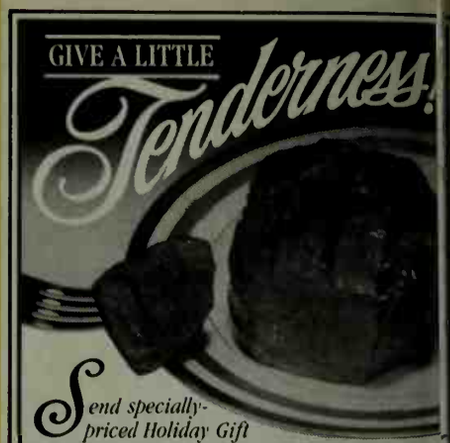
Cook it yourself. Plan ahead with an easy-to-prepare menu that you can handle in your kitchen. Cook as much as possible before the party. Foods that don't need reheating minimize last-minute details.

Share the cooking. Ask guests to bring one dish of their choice or one batch of a specified recipe that you can combine with others.

Host a cooking contest. Ask contestants to bring their best appetizer, judge them, and give awards—then everyone eats the entries. Or, for a small party, make cooking together the focus of the evening; eating the meal is the delicious result.

Catered event. Easiest, but most expensive, is hiring a caterer to do the whole job for you. To cut costs, have the caterer prepare the food, then you take care of serving. Consider a buffet or hiring students to help. ■

Food & Wine



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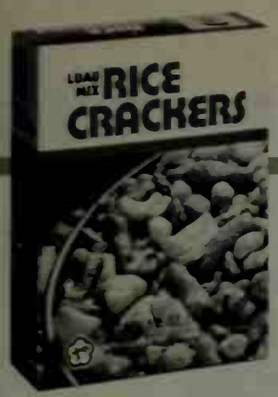

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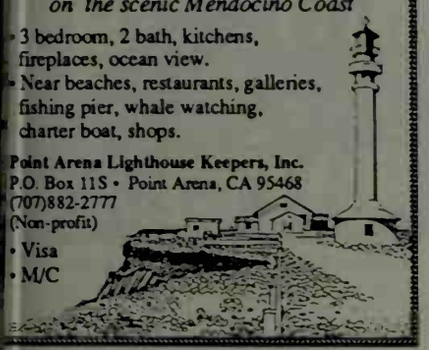

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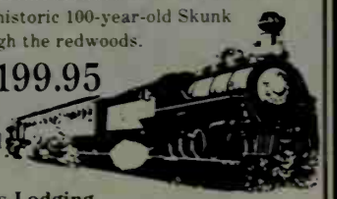

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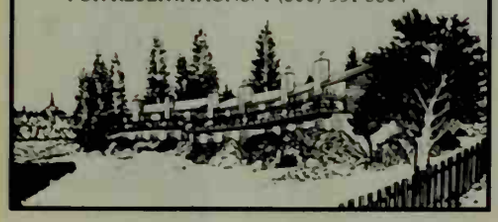

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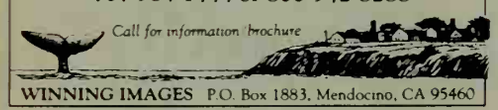

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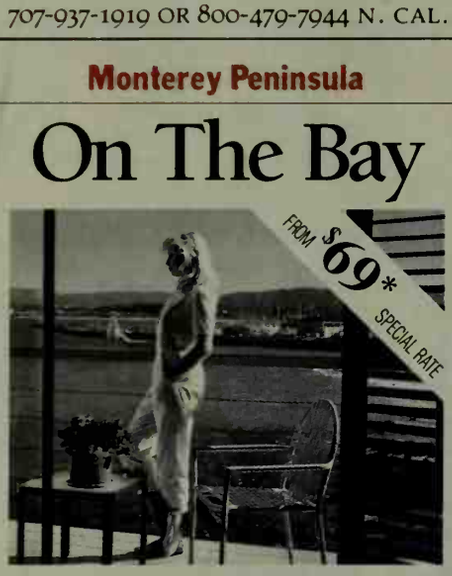

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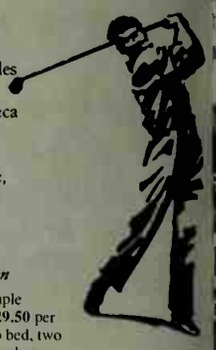

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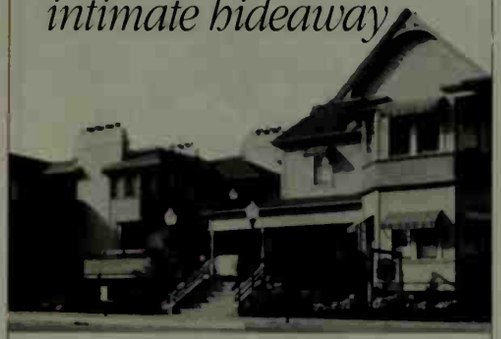

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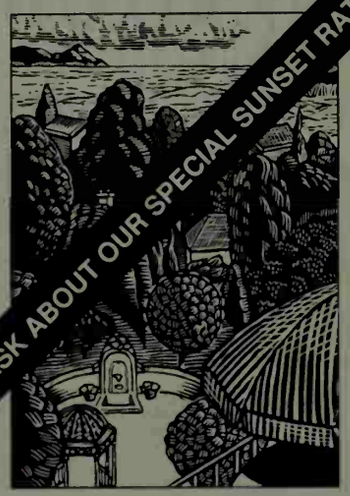

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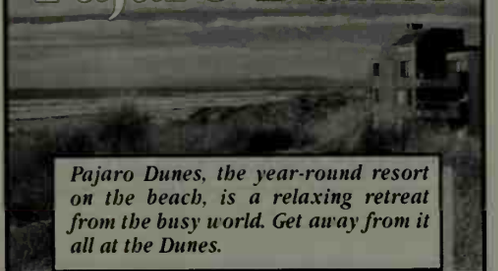

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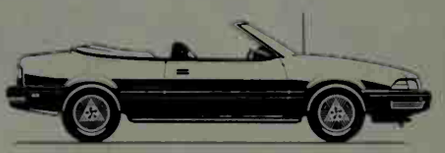

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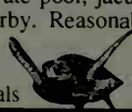

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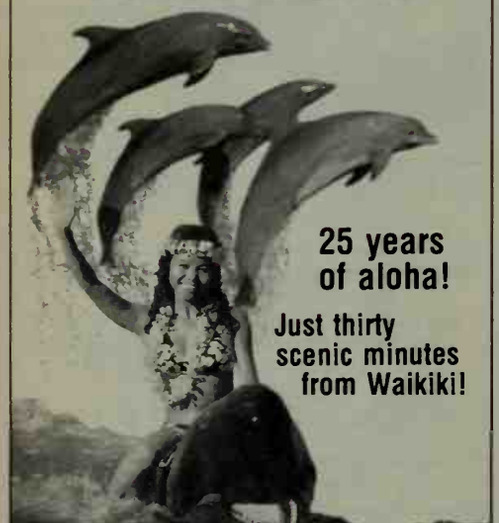

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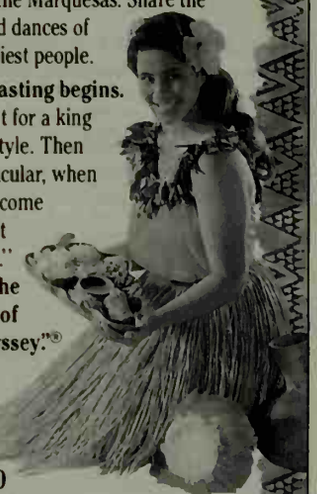

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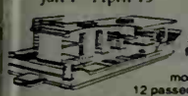

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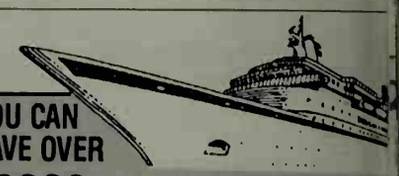

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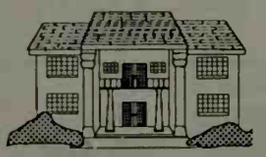

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Index of Directories

School and Camp Directory is one of five Directories which appear regularly in each issue of SUNSET Magazine. The other four Directories are:

FOOD & WINE SPECIALTIES
beginning page 166

HOME & GARDEN CENTER
beginning page 185

TRAVEL DIRECTORY
beginning page 169

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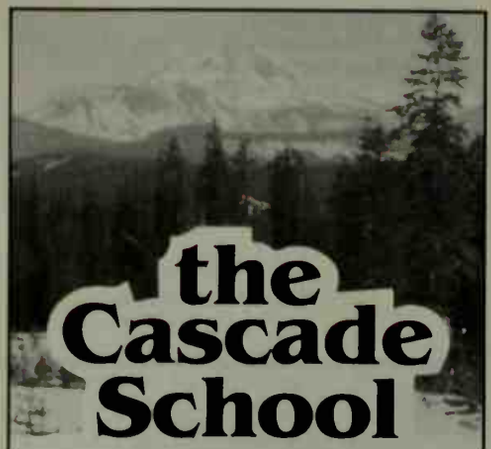

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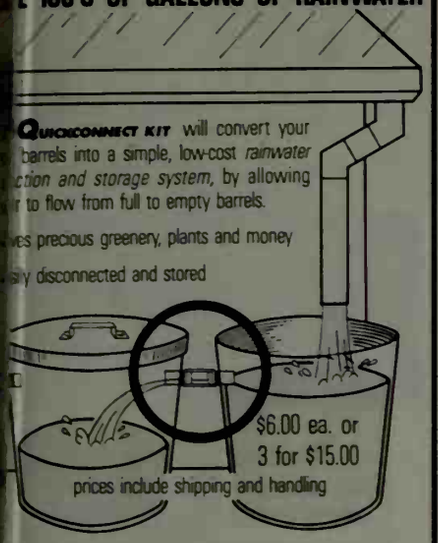

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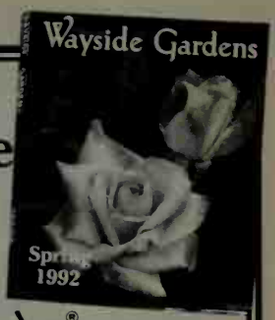

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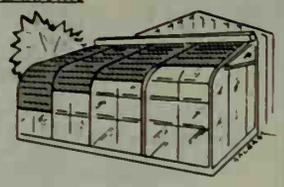

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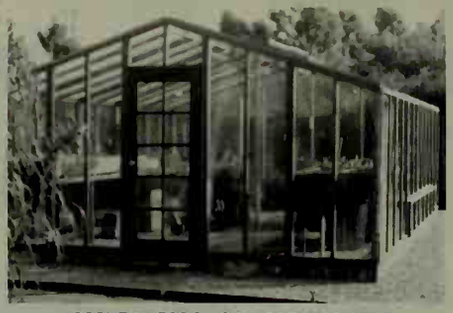

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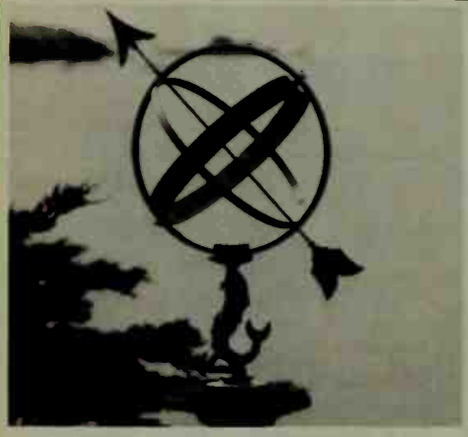

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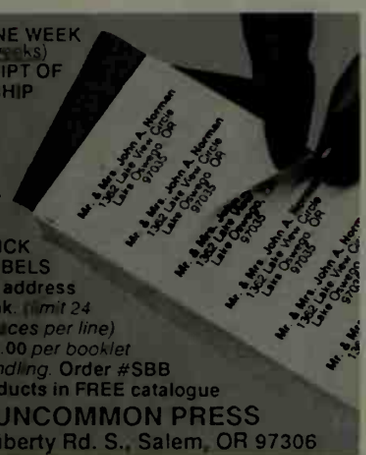

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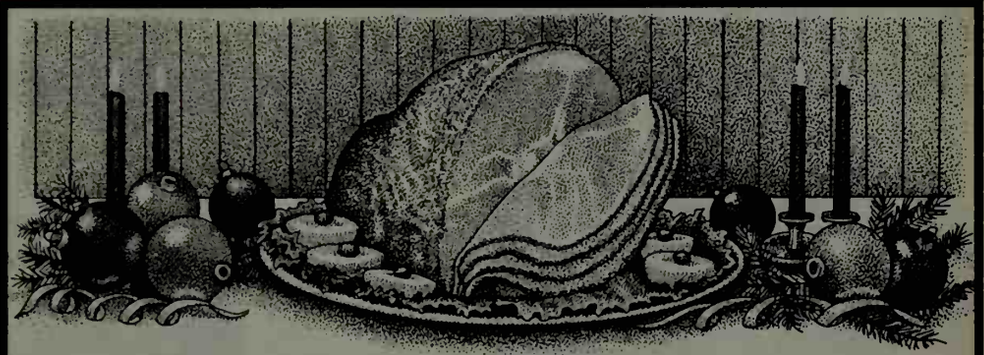

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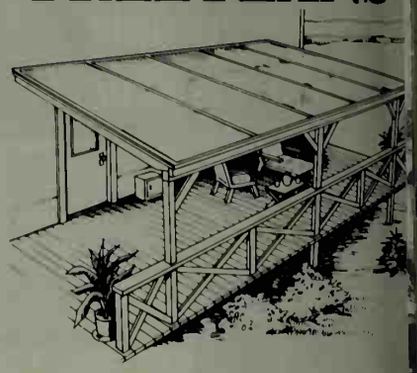

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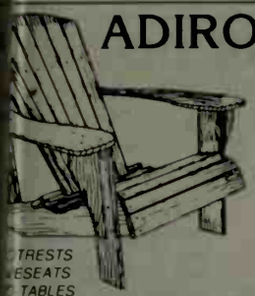

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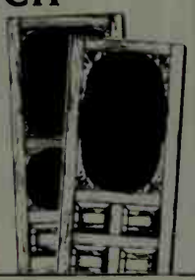

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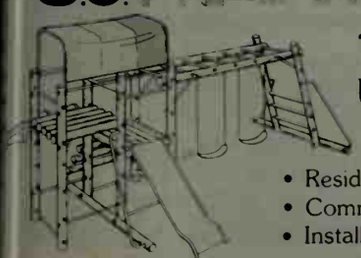

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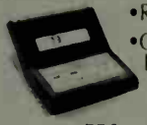

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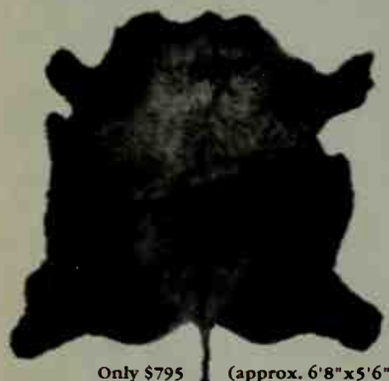

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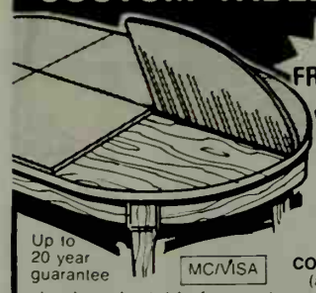

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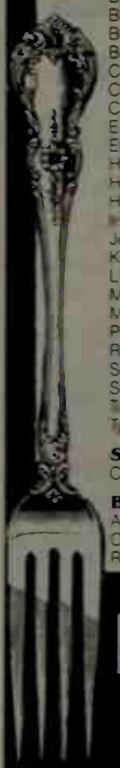

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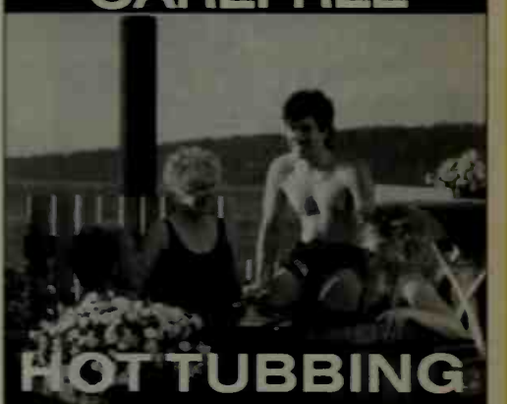

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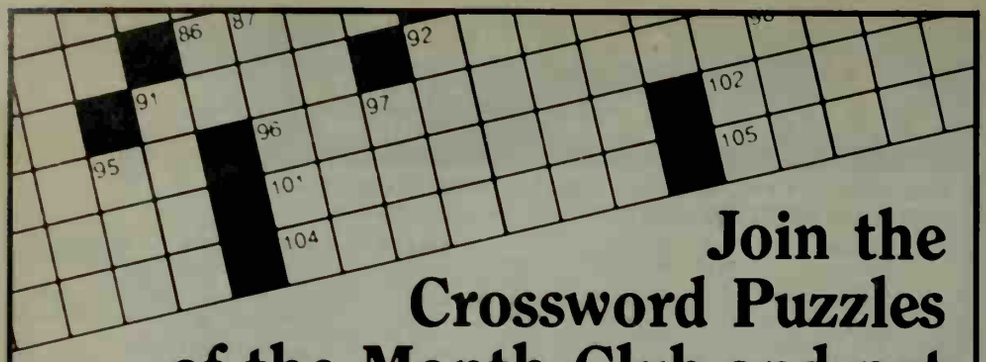

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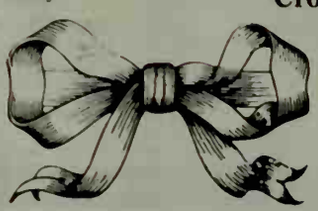

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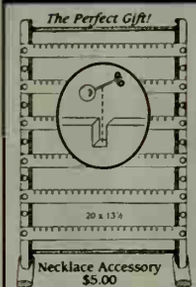

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